

# Your Guide to Face Coverings

Stay Protected Against COVID-19



## Why should I wear a mask?



Masks are a key safety measure to reduce transmission and save lives. Masks should be used as part of an overall approach to reduce the COVID-19 spread, including vaccination, washing your hands, watching your distance, and covering coughs and sneezes.<sup>1,2,3</sup>

## Who should wear a mask, when, and where?

Regardless of vaccination status, masks are strongly recommended for:

- People 2 years of age and older;
- Inside your home if someone you live with is sick with symptoms of COVID-19 or has tested positive for COVID-19;
- In indoor public settings and businesses;
- In transportation hubs; and
- On public transit.



## Masks should not be worn by:<sup>5,6</sup>



- Children under 2 years old;
- Persons with a medical/mental health condition and/or disabilities that prevent the user from wearing a mask;
- A person for whom wearing a mask would create a risk to workplace health, safety, or job duty as determined by local, state, or federal regulations.

## When choosing a mask, look for:<sup>7,8</sup>



Two or more layers of washable, breathable fabric



A mask that completely covers the nose and mouth



A nose wire to prevent air from leaking out



No gaps between the mask and face and no valves

Learn more at [Coronavirus-SD.com](https://www.coronavirus-sd.com)

# Face Covering



## Infographic References

1. "Your Guide to Masks." (2021, October). Centers for Disease Control and Prevention.  
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3. Kai, De, et al. "Universal Masking Is Urgent in the COVID-19 Pandemic: SEIR and Agent Based Models, Empirical Validation, Policy Recommendations." ResearchGate, 21 Apr. 2020, doi:10.13140/RG.2.2.21662.08001.  
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4. "Face Coverings." (2021, December). San Diego County.  
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5. "Guidance for Face Coverings." (2022, January). California Department of Public Health.  
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7. Centers for Disease Control and Prevention. (2021, April). Covid-19: Considerations for wearing masks. Centers for Disease Control and Prevention. Retrieved December 14, 2021, from  
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8. "Types of Masks and Respirators." (2022, January). Centers for Disease Control and Prevention.  
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