Face Coverings

can help prevent the spread of Coronavirus Disease 2019 (COVID-19).

LIVE WELL SAN DIEGO

The World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC) recommend the use of a face covering.[1,2] The State of California and County of San Diego require the use of a face covering in most places outside the home with certain exceptions, such as children under two years of age or those with a medical condition.[3,4]

WHAT YOU NEED TO KNOW

1 **THE VIRUS THAT CAUSES COVID-19 SPREADS EASILY BETWEEN PEOPLE.**[5,6,7,8,9,10]

According to the CDC, **COVID-19 is more contagious than the flu**.[5]

2 **PROTECT THOSE AROUND YOU BY WEARING A FACE COVERING.**[2,11]

6 ft

You **can spread the virus before you develop COVID-19 symptoms** and even if you never develop symptoms (asymptomatic).[2,12,13,14] **Face coverings prevent viral spread**.

3 **DO YOUR PART. TOGETHER, WE CAN REOPEN RESPONSIBLY.**

Emerging data suggests that **the more people who wear a facial covering, the more we can slow the spread** of COVID-19.[15,16,17,18,19]

6 ft
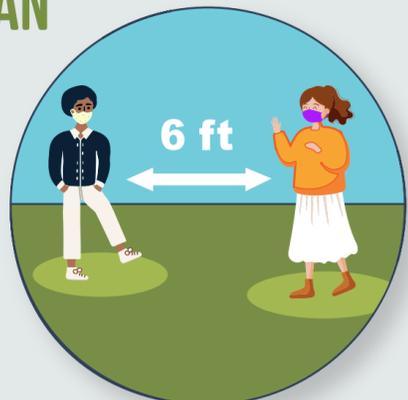
IT IS IMPORTANT TO NOTE THAT MORE ROBUST N-95 RESPIRATORS AND SURGICAL MASKS SHOULD BE RESERVED FOR HEALTH CARE WORKERS.[2]

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