

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.^{1,2,3}

Who should wear a mask, when, and where?¹

- People 2 years of age and older;
- [Any time you are traveling](#) on a plane, bus, train, or other form of public transportation;
- [Indoor settings](#);
- Inside your home if someone you live with is sick with [symptoms](#) of COVID-19 or has tested positive for COVID-19.⁴



Masks should not be worn by:^{5,6}



- 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:^{7,8}



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

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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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8. "Types of Masks and Respirators." (2022, January). Centers for Disease Control and Prevention.
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