

Wearing a Mask or Face Covering in Public

Coronavirus can be transmitted through respiratory droplets and contact. Respiratory droplets are generated when an infected person coughs or sneezes. Any person who is in close contact with someone who has respiratory symptoms (coughing, sneezing) is at risk of possibly getting Coronavirus. **Wearing a mask can protect yourself and others from Coronavirus. If you leave home, use a mask or face covering. Masks can be reusable cloth masks, cultural face coverings, or be made from a piece of fabric or scarf.**

Please note that wearing a mask DOES NOT replace physical distancing. You must remain 2 meters away from people who do not live in your home.

Cloth face coverings should not be placed on young children under age 2 or anyone who has trouble breathing. It should not be placed on anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

How to Safely Put on and Wear a Mask:

- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it.
- Masks should be either completely on or off; do not wear or rest under the chin.
- Never wear a mask inside-out.
- Sneeze or cough into your elbow with your mask or face covering on.
- When you get home, remove the mask:
 - Clean your hands with soap and water.
 - Remove the mask from behind where it wraps around your ears or head. Do not touch the front of the mask while removing it.
 - Afterward, clean your hands with soap and water.

If possible, wash your mask or face covering every night with soap and water. Leave it out to dry overnight in a safe and sterile location.

What 2 meters looks like:

- The average adult donkey's body length is between 1.5 to 2 meters.
- Extend your arms away from your body. Mark a circle on the ground that includes your arm's length extended. Imagine a distance that is 3x your arm length. That is approximately 2 meters.

