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### Use Your Mask Properly

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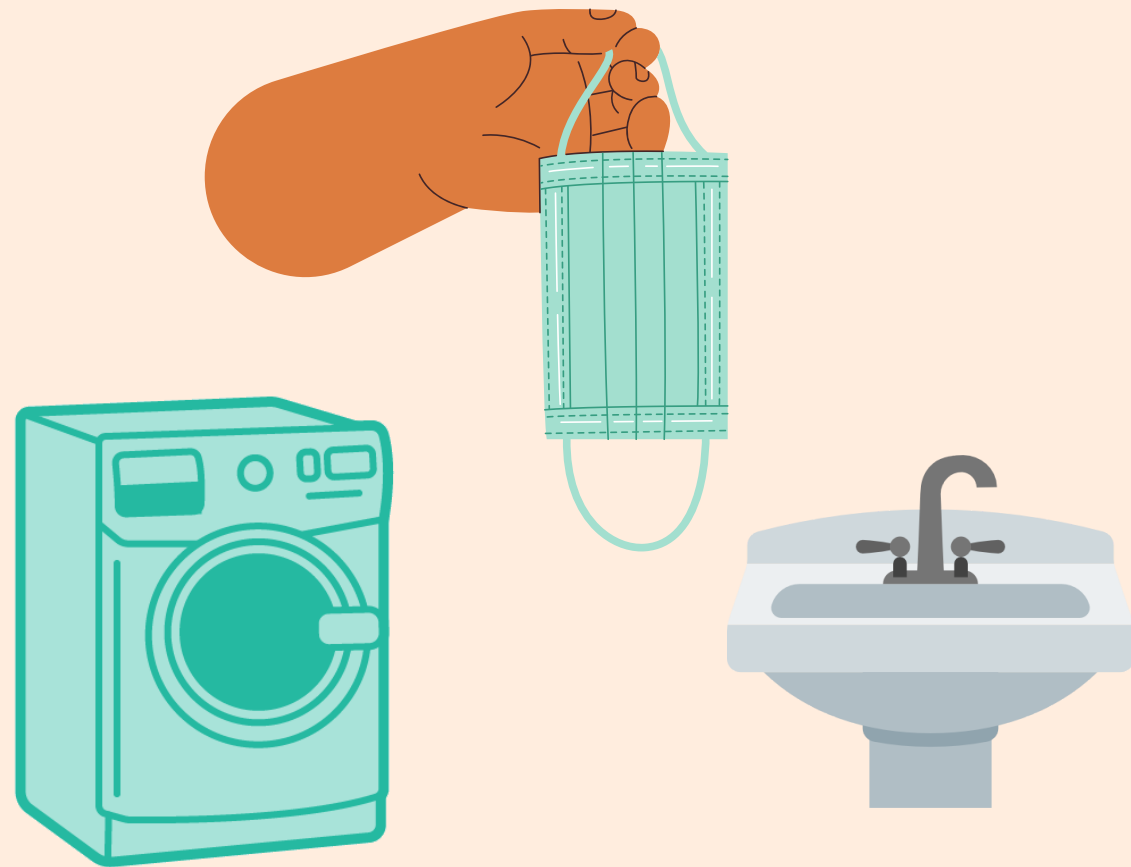
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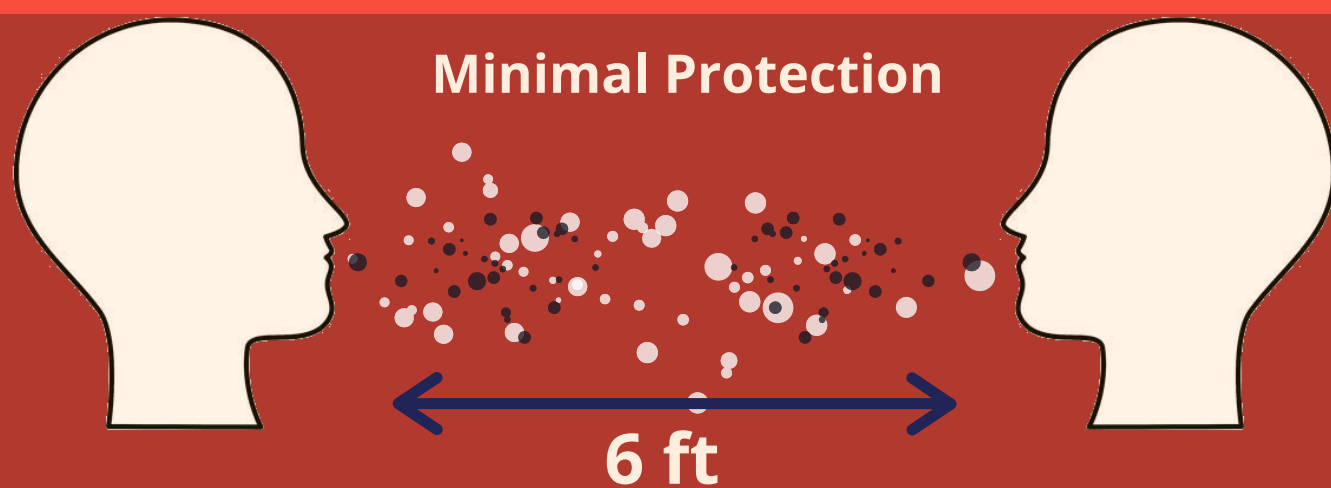
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## Use Your Mask Properly



- Ensure that your mask fits tightly to your face, sealed with no gaps around nose/cheeks/chin
- When putting on, wearing, and removing your mask, avoid touching the fabric of the mask
- Try to wear two-layer breathable masks if possible to create better filtration

- Try to wash your mask in the sink with soap every night
- Wash your mask in the washer once per week
- Hang your mask out to dry every night after daily use



## Wear a Mask to Reduce Transmission

Studies show that communities can effectively reduce the spread of COVID-19 by widespread implementation of mask wearing (Prather 2020). Proper mask use and maintaining a minimum distance of 6 ft from others lowers the probability of spreading and inhaling infectious particles

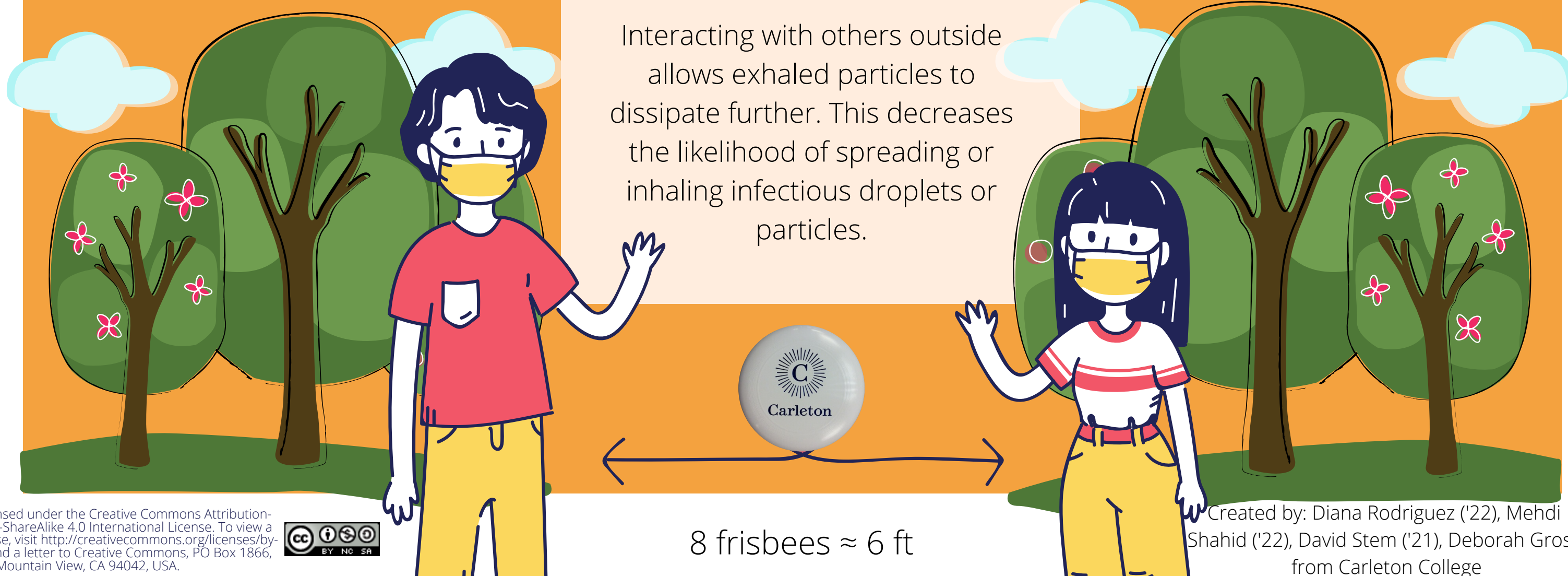
- Large Droplets (deposited on your body)
- Aerosols (Inhaled)

Masks help protect from spreading or inhaling **large droplets** produced from coughing, sneezing, and loud talking. Masks help remove **aerosols**, or small particles, which are produced from regular breathing and talking and can remain suspended in the air for an extended period of time.

K. A. Prather, C.C. Wang, R.T. Schooley, *Science*, 26 Jun 2020: 1422-1424.

## Keep Your Distance

Interacting with others outside allows exhaled particles to dissipate further. This decreases the likelihood of spreading or inhaling infectious droplets or particles.



8 frisbees ≈ 6 ft

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