I WEAR A FACE COVERING TO PROTECT YOU. YOU WEAR A FACE COVERING TO PROTECT ME.

Why Should I Wear a Face Covering?
According to the CDC, recent case studies show that wearing face coverings prevents the spread of COVID-19. Also, the Journal of the American Medical Association says face coverings are a critical tool in the fight against COVID-19, which can stop the spread. They provide an extra layer that prevents respiratory droplets from traveling in the air and onto other people.

I’ve Heard Face Coverings Won’t Protect Me?
New studies show that when you wear a face covering and others wear face coverings, COVID-19 spread can be slowed and even stopped. Community-wide use of face coverings limits infected droplets from spreading. Community-wide use means that you wear a face covering to protect other people, and other people wear a face covering to protect you.

Who Shouldn’t Wear a Face Covering?
Those who:
- are under age 2
- have trouble breathing
- are hearing impaired
- can’t remove their mask on their own
- work where wearing a mask is a risk
- are eating/drinking at a restaurant
- are exercising outside (biking, running)

How Do I Protect Myself and Others
- Wear a face covering in public places
- Maintain a physical distance of 6 feet from people
- Wash your hands or use hand sanitizer frequently
- Stay home when sick and encourage others to do the same

Resources
For full guidance, visit the California Department of Public Health
Centers for Disease Control and Prevention
California Department of Public Health
County of Sacramento

“We are not defenseless against COVID-19,” said CDC Director Dr. Robert R. Redfield. “Cloth face coverings are one of the most powerful weapons we have to slow and stop the spread of the virus – particularly when used universally within a community setting. All Americans have a responsibility to protect themselves, their families, and their communities.”