

CALIFORNIA REQUIRES FACE COVERINGS IN PUBLIC PLACES



Where Are We Required to Wear Face Coverings?

- Inside or in line to enter indoor public spaces
- In healthcare settings
- Waiting for, riding or operating public transit, taxi, car service or ride-sharing vehicle
- At work under most circumstances
- Outdoors when it's not possible to keep physical distance of 6 feet from people not in your household



How Does COVID-19 Spread?

COVID-19 spreads through respiratory droplets when an infected person coughs, sneezes or talks. The droplets can travel six feet, landing in the mouths or noses of nearby people, or even be inhaled. COVID-19 also can be spread by people who have no symptoms and don't even know they're infected.



Why Wear a Face Covering?

Cloth face coverings may slow the spread of COVID-19 by those who are sick but don't have symptoms. They provide an extra layer to help prevent respiratory droplets from traveling in the air and onto other people.



What's the Best Way to Protect Yourself & Others from COVID-19?

- Maintain a physical distance of 6 feet from people outside of your household
- Wash your hands or use hand sanitizer frequently
- Wear a face covering when in public as outlined here
- Stay home when sick and encourage others to do the same



I've Heard Face Coverings Don't Protect You?

If everyone uses face coverings, spreading infected droplets is limited. When you wear a face covering, you're protecting others. When others wear face coverings, they are protecting you.



Who Doesn't Have to Wear a Face Covering?

- Children under age 2
- Those who have trouble breathing or cannot remove masks on their own
- The hearing impaired
- Those for whom wearing a mask creates a risk in the workplace
- Those who are obtaining a service for the nose or mouth
- When in a restaurant while eating or drinking
- During outdoor recreation, such as swimming, walking, biking, running, etc.

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](#)