



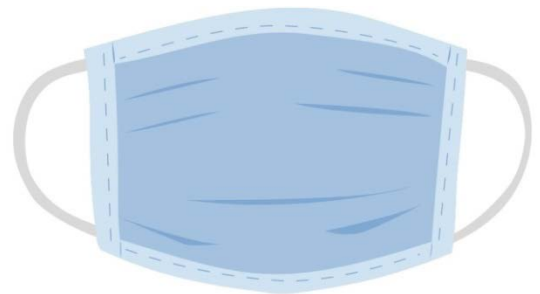
WEAR A FACE MASK—AND CARE FOR IT PROPERLY

We are all busy. But when the CDC and numerous other health professionals tell us that COVID-19 can be spread by people with no symptoms, we need to take action to slow the spread.

Wearing a mask is the simplest way to help stop the spread of the virus.

We must wear a mask whenever we go out in public. We also must wear a mask when getting together with *familia*. We have to wear our masks properly and wash them daily.

Masks Work: COVID-19 can spread through tiny droplets when people talk and breathe. The COVID-19 particle is around 0.1 microns in size, but it is always bonded to something larger, like water droplets, which consist of water mucus protein, and other biological material and are all larger than 1 micron. Masks block these droplets. Emerging evidence has demonstrated that mask-wearing is associated with fewer cases and lower death rates.



Properly Wearing a Mask: Wear your mask over BOTH your nose and mouth and secure it under your chin. Your mask is catching your droplets inside and someone else's droplets outside. If your mask is under your nose, you are more likely to breathe in the virus and the contaminated edge is more likely to touch your lips. Do not touch the front of the mask or your face. When you touch it, you get germs on your hands. Remove by untying it or lifting off the ear loops. Wash/sanitize your hands every time you touch it.

Washing a Mask: Wash your mask every time you use it. You can wash by hand with soap and hot water and/or with regular laundry. If your mask has long ties, you can put it inside a pillowcase and knot the end to run it through the washer and dryer. Be sure your mask is dry before wearing it.

Progress in Guidelines: Early in the outbreak, CDC officials were concerned about limited supply of surgical masks and N95 respirators, and they believed that people were contagious mainly when symptomatic. Since then, researchers confirmed evidence that people without symptoms can infect others, thus recommendations regarding masks have progressed. Information continues to evolve. Stay up to date on local recommendations and requirements regarding masks.

My mask protects you. Your mask protects me, even if we are *familia*.

We are all in this together. Latinos, *juntos*, we can stop COVID-19!

