If You Need to Leave Your House...
Wear a Mask

STAY HOME SAVE LIVES

WHY WEAR A MASK

You can transmit COVID-19 coronavirus *even if you don't feel sick.*
Some people can be contagious without even knowing that they have COVID-19.

WHEN TO WEAR A MASK

If you need to go buy **food or medicines.**

If you have to go to **work** *(essential workers).*

If you live or work in a **group setting** *(shelter, group home).*

Don't hang out with friends and neighbors, even with masks. **STAY HOME**

Don't put a mask on a child under age 2. They could suffocate.

Don't exercise near other people, even wearing a mask. Keep your distance.

HOW TO WEAR A MASK

Make a **cloth** mask with 2 or 3 layers of fabric. Or use a bandana.

Cover your **mouth and nose**. Don't leave gaps at the sides.

Choose a mask that feels **comfortable**. Make sure you can **breathe easily**.

Assume the outside of the mask may have virus on it. **Don't touch it!**

Wash hands before and after touching your mask, also when taking it off. Sanitizer works too.

Wash your mask in hot soapy water right after you take it off.

MORE INFORMATION AT:
phila.gov/COVID-19

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