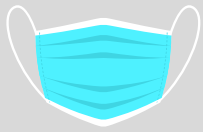


# Slow the Spread of COVID-19

## How



### Wear a Face Covering

**Multi-layer fabric masks with higher thread counts are most effective.**



### Keep Your Distance

**Stay outdoors for gatherings, keep 6 feet apart and wear a face covering.**



### Wash Hands & Clean Surfaces

**Alcohol-based sanitizers do not remove food allergens. Use soap and water for this purpose.**

## Why this Works

- Cloth masks block most large droplets and can also block the exhalation of aerosols, both of which may contain live virus.
- Face coverings protect the person wearing them and the people around them.
- Face coverings do not reduce oxygen levels or increase carbon dioxide levels. First responders and healthcare workers safely wear masks daily.

- Most infections of COVID-19 are spread through close contact such as respiratory droplet transmission within a short range (less than six feet).
- Airborne transmission at greater distances appears to have occurred in enclosed spaces with inadequate ventilation, and with respiratory exertion (singing, speaking loudly, exercising).

- Wash your hands with soap and water for at least 20 seconds. If this isn't possible, then use hand sanitizer that contains at least 60% alcohol. Avoid touching your face if you haven't washed your hands!
- Clean and disinfect frequently touched surfaces such as doorknobs, light switches and phones.

**It is important to follow these guidelines even with vaccines coming out. It will take some time for the population to be protected. Learn more at [aaaai.org](http://aaaai.org).**