

# Why Are People Wearing A Mask On Their Faces?



## They Are Helping To Stop The Spread Of COVID-19.

We know that the virus called COVID-19 can move from person to person by small drops when people sneeze, cough, talk loudly or sing. These small drops can go about six feet into the air before they fall to the ground. That is why you should stay six feet away from other people. Sometimes, it is hard to stay six feet away from other people. If you must be closer to people, we think that by wearing a mask or cloth cover on the face the chance of giving the virus to other people is much lower.

Many people who have the virus may not be sick, and they may still pass the virus to others. And people who do get sick sometimes do not know they are sick, so they can also pass the virus to others during this time. This is why only staying away from sick people may not be enough to stop the spread of the virus. Wearing a mask can protect the person wearing the mask, but mostly, the mask helps YOU from giving the virus to others. You may have the virus but not be sick. This is often true of



young people and kids. You could spread the virus and not know it. By wearing a mask, you protect your family and friends. You also protect your doctor and their staff. Some of these people might get very sick if they catch the virus.

## Do You Have Allergies Or Asthma?

People with allergies and asthma sometimes cough a lot, so wearing a mask is a good idea. A mask might also protect you from pollen or pollution. This can make your asthma better! If you wear your mask a lot, it helps to wash it every day to keep it clean. Most people don't have any problems wearing a mask, but you can always talk to your asthma or allergy doctor if you have any questions. And if you're coughing a lot, it might be better to stay home until you feel better.

Some people also wear face shields. These are large, clear plastic masks. Your doctor might wear both a mask AND a face shield to help keep you safe.

You can help slow the spread of COVID-19 if you: wear a mask, stay six feet from others and wash your hands often.