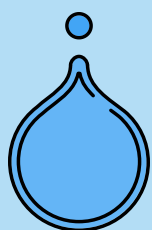


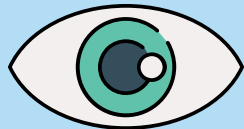
To Mask or **NOT** to Mask?

When is it appropriate to mask and what you can do to stop the spread of germs **without** a mask.

How to Prevent Catching The Virus



Wash your hands often, for at least 20 seconds with soap and water.



Avoid touching your eyes and mouth with unwashed hands.



Avoid close contact with people who are sick.

CDC Recommends that the public **SHOULD NOT** wear **Surgical Masks** or **N95s** as preventative measure. N95s are **only effective** if you are fitted by a Healthcare Professional.

How to Prevent Spreading the Virus



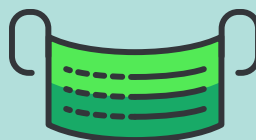
Disinfect surfaces that you touch. Wash your hands often, for at least 20 seconds with soap and water.



Cover your coughs and sneezes with a tissue. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow (**not your hands**).



Stay at home while you are sick.



For **HEALTHY** individuals, **ONLY** wear a mask if you are caring for a person with suspected COVID-19.



Yolo Health and Human Services Agency

<https://www.yolocounty.org/health-human-services/adults/communicable-disease-investigation-and-control/coronavirus>