Why You Need to Wear a Mask

New guidelines
The Centers for Disease Control and Prevention (CDC) have changed the guidelines on the use of face masks and how it might prevent the spread of COVID-19. Everyone is encouraged to wear face coverings in public.

What to do with the mask
When you cover your nose and mouth, you protect others. Don't forget frequent hand hygiene and proper social distancing. The mask should be worn at all times, even in a patient room, and only removed when eating and drinking or after leaving the building.

Prevent the spread
While you might feel well and healthy, we need everyone's help to prevent the potential spread from people who never feel symptoms to others who could face more severe symptoms.

How to put on and take off a mask
Before putting on, sanitize or wash your hands. Cover your mouth and nose with the mask. Avoid touching the mask while using; if you do, sanitize or wash your hands. Remove the mask when eating and drinking; store it in the paper bag you received.

We are in this together
We know this is a difficult time for everyone. Thank you for doing your part so we can provide the care our communities need.

For more resources, visit: https://www.spectrumhealth.org/covid19/community-resources