

WEAR A FACE COVERING TO STOP THE SPREAD

On November 16, 2020, the California Department of Public Health updated its guidance for face coverings. The updated guidance requires the use of a face covering at all times when outside of the home, with some exceptions. For more information about who is exempt from wearing a face covering, visit cdph.ca.gov.



How Does COVID-19 Spread?

COVID-19 spreads through respiratory droplets when an infected person coughs, sneezes, talks or sings. The droplets can travel six feet, landing in the mouths or noses of nearby people, or are inhaled. COVID-19 also can be spread by people who have no symptoms and don't even know they're infected.



Why Should I Wear a Face Covering?

According to the CDC, recent case studies show that wearing face coverings prevents the spread of COVID-19. Also, the *Journal of the American Medical Association* says face coverings are a critical tool in the fight against COVID-19, which can stop the spread. They provide an extra layer that prevents respiratory droplets from traveling in the air and onto other people.



I've Heard Face Coverings Won't Protect Me?

Studies show that the use of face coverings by everyone can slow or even stop the spread of COVID-19. Additionally, increasing evidence also demonstrates a cloth face covering or mask also offers some protection to the wearer, too.



How Do I Protect Myself and Others

- Wear a face covering in public places
- Maintain a physical distance of 6 feet from people
- Wash your hands or use hand sanitizer frequently
- Stay home when sick and encourage others to do the same



Who Shouldn't Wear a Face Covering?

- Those who:**
- are under age 2
 - have trouble breathing
 - are hearing impaired
 - can't remove their mask on their own
 - work where wearing a mask is a risk
 - are eating/drinking at a restaurant
 - are exercising outside (biking, running)



Resources

For full guidance, visit the [California Department of Public Health](https://www.cdph.ca.gov)
[Centers for Disease Control and Prevention](https://www.cdc.gov)
[California Department of Public Health](https://www.cdph.ca.gov)
[County of Sacramento](https://www.sacramento.gov)

“We are not defenseless against COVID-19,” said CDC Director Dr. Robert R. Redfield. “Cloth face coverings are one of the most powerful weapons we have to slow and stop the spread of the virus – particularly when used universally within a community setting. All Americans have a responsibility to protect themselves, their families, and their communities.”