

# Flatten the Curve

## General Reminders to Stop COVID-19



### Who Needs to Wear a Mask?

If you are feeling any respiratory symptoms, wear a mask to help limit spread of COVID-19. It is required for all individuals to wear a cloth face covering when in public settings.



# 20



#### Consecutive Days of Use

If a mask or barrier is not damaged, wet or soiled.

### How Long Do Masks Last?

Although surgical masks are not tightly sealed like 'N-95s', they are still able to reduce transmission of COVID-19 microbes. They can be used for 20 consecutive days if they are not damaged, wet, or soiled.

### How to Wear a Mask?

1. Thoroughly wash your hands for 20 seconds.
2. The top of the mask has a bendable metal strip. Place this over your nose.
3. Place the elastic straps over your ears.
4. Wash your hands every time before removing your mask.
5. Store your mask in a clean and dry location.



### How Do You Clean Your Mask?

You can wash your mask between 2-3 times during its 20-day use with warm water and antibacterial soap.

### Additional Reminders:

- Wash your hands for at least 20 seconds with soap and warm water.
  - Use hand sanitizer with at least 60% alcohol if soap and water aren't available.
- Always keep a 6 foot distance from others for social distancing.
- Cover your cough or sneeze with your elbow, not your hands.
- Stay home and call your healthcare provider if you feel sick or have a sick family member.