

How masks protect us from spreading and catching coronavirus disease 2019 (COVID-19).



High Risk



Medium Risk



Low Risk

Coronavirus is spread in droplets.
Masks help block droplets.



Wear a mask. Help stop the spread.



Atrium Health

How to Wear a Mask

COVID-19 spreads mainly through droplets produced when an infected person coughs, sneezes or talks. These droplets usually travel around 6 feet.

Wearing a mask in public settings or work environments where keeping a 6-foot distance from others may be difficult can help block these droplets and prevent the spread of coronavirus.

Masks: Do This, Not That

Help stop the spread and wear a mask – the right way.

DO	DON'T
wash or sanitize your hands before putting on your mask	use a mask that is dirty, wet or damaged
cover your mouth and nose	use a mask that is difficult to breathe through
make sure it fits snugly against the sides of your face	wear it so loose it falls down
use ties or ear loops to keep the mask in place	touch the front of the mask

Keep up with the latest care advice at
[AtriumHealth.org/Safe.](https://www.atriumhealth.org/safe)



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