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.

### 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.

**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.

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

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Yolo Health and Human Services Agency