

Masks and Coronavirus/COVID19



COVID 19 is spread from person to person by small droplets in the air.

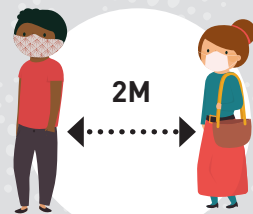


You can also infect yourself with COVID 19 if you touch an infected surface, and then touch your nose, mouth or eyes.



HOMEMADE OR CLOTH MASKS

Cloth masks can be worn to **catch the small droplets** in the air you create when you cough or sneeze. This is the same reason why we ask people to cough or sneeze into a tissue or elbow. This stops them from infecting others.



These masks **will NOT protect you** from getting infected from other people's coughs or sneezes



These masks might help you avoid **touching your nose and mouth.**



Wash your mask with boiling water and soap every day

IMPORTANT: These masks will not protect you from the droplets of other people's coughs and sneezes. The best way to do this is to **stay 2 meters away from other people at all times!**

N95 MASKS



The N95 mask can prevent you from getting COVID 19 from others, as well as spreading it to other people. **These masks are in short supply and so we must save them for our doctors, nurses and other people who need to be in close contact with COVID 19 patients.**