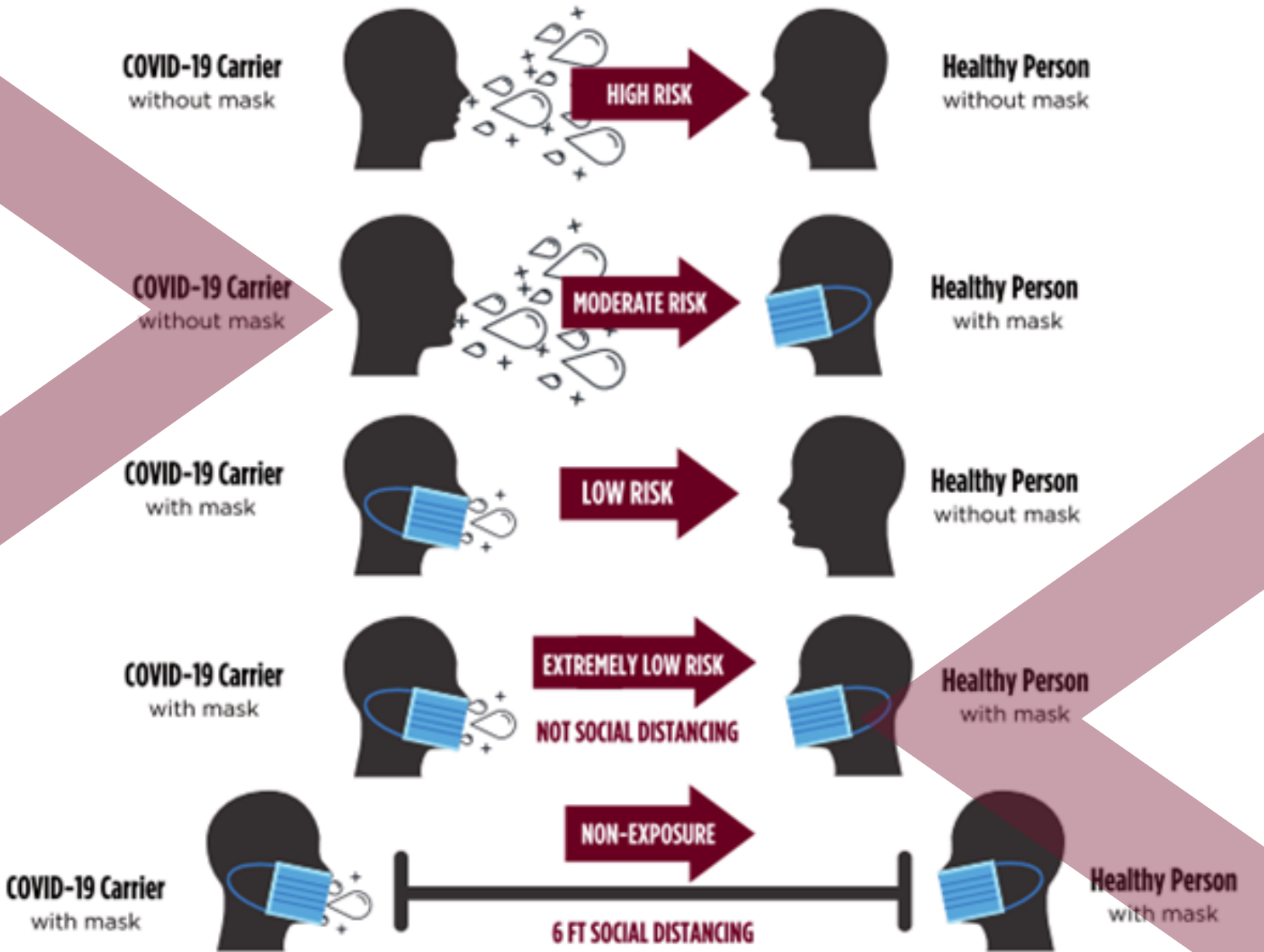
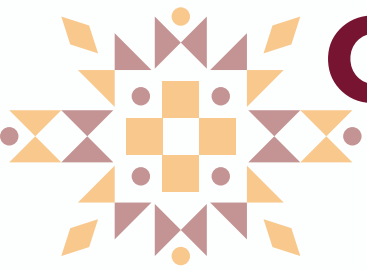


COMMUNITY MASK WEARING

What is your risk?



Information obtained from the American Institute of Physics, Community Medical Centers, and the Centers for Disease Control and Prevention (CDC).



COMMUNITY MASK WEARING

Masks slow the air flow from coughs, sneezes, and forceful exhalations. This means saliva droplets carrying virus particles travel *shorter* distances.

Bottom Line: Wearing a mask can slow community transmission and reduce the number of people in your community who contract COVID-19.



Breathing:

A single breath will release between 50 and 5,000 droplets.

- Within **90 seconds** of breathing without a mask, saliva particles will travel **over 7 feet**.
- When breathing **with** a non-medical face mask, within 90 seconds saliva particles travel **only 2 feet**.



Coughing:

A single cough will release **3,000 droplets at up to 50 mph!** A sneeze moves even faster and can travel **up to 200 mph!**

- **These travel across a room in seconds.**
- Cover your mouth when coughing. This can be done by turning your head and coughing into your shoulder, or lowering your head and coughing into the crook of your elbow. Even when wearing a non-medical mask, you should cover your cough.