

# Wearing a mask in public

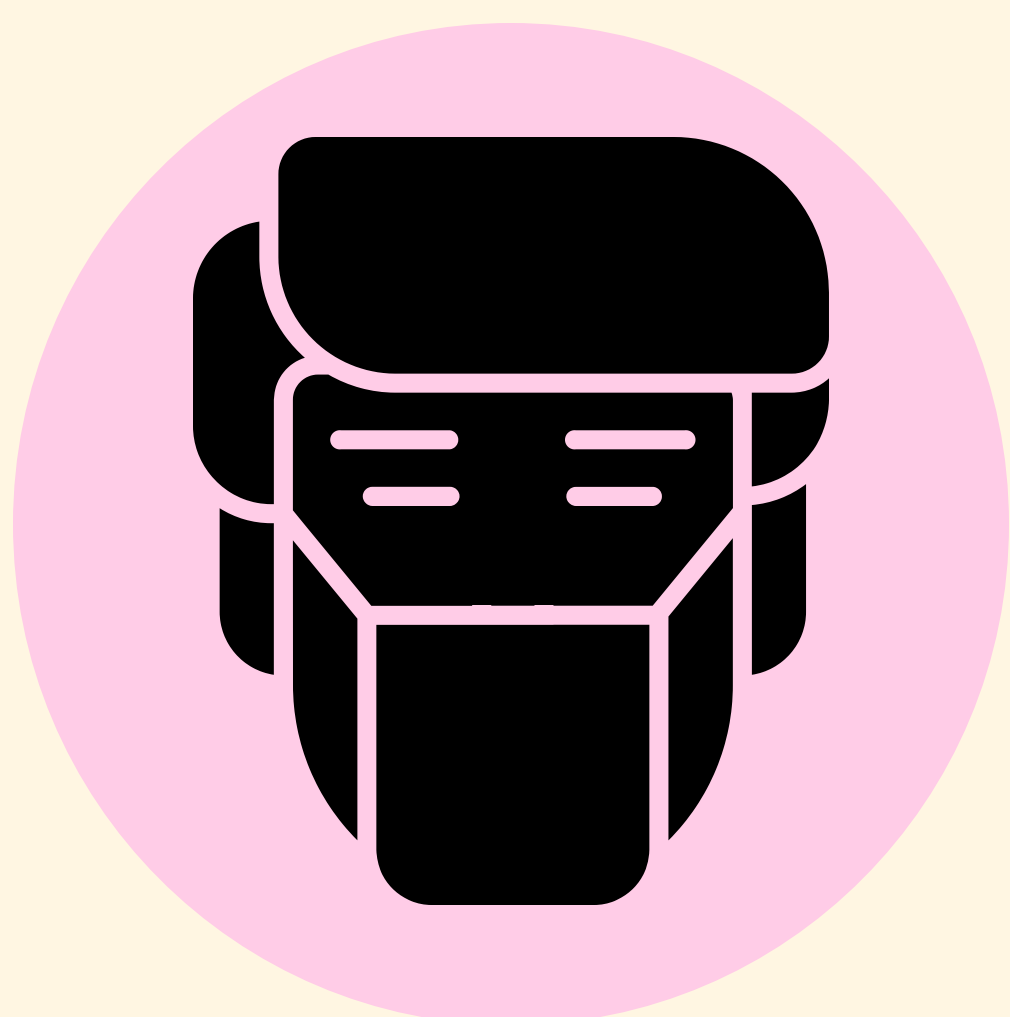


helps reduce the spread of germs.



We should **ALL** wear a cloth or disposable mask to protect each other.

Even if you don't feel sick, germs can spread to others through respiratory droplets produced by breathing, talking, sneezing and coughing.



## 1. Wear Mask Correctly

- Make sure you can breathe through it
- Your nose and mouth should be covered
- Masks should not be placed on children under 2 years old or people who have trouble breathing



## 2. Maintain Healthy Habits

- Wash a cloth mask after use
- Avoid contact with sick people
- Wash hands often with soap and water; use hand sanitizer with at least 60% alcohol if soap and water aren't available



## 3. Keep Social Distancing

- Masks do not replace social distancing
- You may be sick (carrying germs) and not even know
- Masks + social distancing = less community spread of disease



<https://covid19.nj.gov/>



**Questions?** Call 2-1-1 or text NJCOVID to 898-211