

# MASK UP FOR SAFETY

The Centers for Disease Control (CDC) advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

## FACE MASKS SHOULD:



- Fit snugly but comfortably against the side of the face
- Cover your nose and mouth
- Include multiple layers of fabric
- Allow for breathing without restriction

## WHEN DO WE HAVE TO WEAR FACE COVERINGS?

Where other social distancing measures are difficult to maintain, like at grocery stores and pharmacies



Effective 4/10/2020, per NJ Governor Executive Order 122

## WHEN DO WE RECOMMEND TO WEAR FACE COVERINGS?

- In the community setting.
- When outdoors (not your own yard).



## WHAT TO CONSIDER:

- Cloth coverings should be washed after use.
- Avoid touching eyes, nose and mouth when removing.
- Wash your hands immediately after removing.
- Stay at least 6 feet away from other people (social distancing).



CLOTH FACE COVERINGS SHOULD NOT BE PLACED ON YOUNG CHILDREN YOUNGER THAN 2 YEARS OF AGE, ANYONE WHO HAS TROUBLE BREATHING, OR IS UNCONSCIOUS, INCAPACITATED OR OTHERWISE UNABLE TO REMOVE THE COVER WITHOUT ASSISTANCE.

