



MASK UP!

THERE IS SAFETY IN ACTION



THE SPREAD

"The COVID-19 virus spreads through droplets of moisture that are produced from coughing, sneezing, talking, and exhaling. The virus can get in through the eyes, nose, and mucus membranes."

THE EVIDENCE



- **"There is clear evidence that face coverings reduce the spray of droplets."**
- **Masking reduced risk of infection by 70% (study conducted with sample of 382).**
- **"COVID-19 is much more contagious than the flu, and has a much higher death rate: 0.3 to 5.7% based on the most reliable estimates."**

HOW YOU CAN HELP



"While vaccination reduces the likelihood of getting infected and protects us well against serious illness, we can still contract and spread COVID-19. Because those who are vaccinated are more likely to have a mild or asymptomatic case, they may be spreading it without knowing it."

Consider wearing a mask to stop the spread!

REFERENCES

- [Abbott, B., Greenhalgh, M., Clair, I., & Bush, J. \(2020\). Making sense of the research on COVID-19 and masks. Brigham Young University, Genetics, Genomics, and Biotechnology.](#)
- [Payne DC, Smith-Jeffcoat SE, Nowak G, et al. SARS-CoV-2 infections and serologic responses from a sample of U.S. Navy service members – USS Theodore Roosevelt, April 2020. MMWR Morb Mortal Wkly Rep. 2020;69\(23\):714–721.](#)
- [Raz, M., & Dorfman, D. \(2021\) Bans on COVID-19 Mask Requirements vs Disability Accommodations. Journal of the American Medical Association, 2 \(8\), doi:10.1001/jamahealthforum.2021.1912](#)