"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**