



## BHS Medical Department

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### The Importance of Wearing a Mask

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Wearing a mask, especially when in close proximity to others, is imperative to slowing the spread of COVID-19. But you might find people wearing masks in a variety of different styles: dangling from one ear, pulled down below the nose or resting below the chin. These common mistakes decrease the effectiveness of masking and increase the wearer's risk of catching and spreading the disease.

Many people who have COVID-19 don't show symptoms but can still spread the virus through droplets that escape from the mouth when speaking, sneezing and coughing. Scientists have proven that masking lowers COVID-19 cases, even in the long term. Proper masking technique is now more important than ever.

Hands should be washed for at least 20 seconds before and after touching a mask. Wearing a mask might feel uncomfortable at first, so it is important to adjust the mask to make sure it properly fits over the nose, mouth and chin and allows for comfortable breathing and speaking.

To avoid common mistakes, remember these five don'ts:

1. Don't touch your or someone else's mask while it is being worn.
2. Don't wear the mask under your chin with your nose and/or mouth exposed.
3. Don't leave your nose and/or mouth uncovered.
4. Don't remove the mask while around others in public.
5. Don't share your mask with family members or friends.

Ref: Johns Hopkins Medicine