

# WHY SHOULD I STILL WEAR A MASK?

**MASKS CAN HELP PROTECT YOU AND OTHERS FROM COVID-19!**

## WHO IS MORE LIKELY TO BECOME VERY SICK WITH COVID-19?

Some people who are immunocompromised (have a weakened immune system) are more likely to get sick with COVID-19 or be sick for a longer period, such as:

- People who are older
- People with certain health problems
- People who are pregnant

## ASK YOURSELF: WHO IS THE MOST LIKELY TO GET SICK IN YOUR FAMILY OR GROUP OF FRIENDS?

Some people may have health problems that lower the body's ability to fight germs and viruses. If you have certain health problems or live with someone who does, it's a good idea to wear a mask and keep a distance around others, especially in indoor areas.



## WHAT IF I HAVE THE SNIFFLES?

If you feel a little sick, then you could be spreading COVID-19 to other people. You should stay home or, if you have to go out, wear a mask.

## WHAT TYPE OF MASK SHOULD I WEAR?

A mask that fits well and covers both your mouth and nose. Some options are cloth masks and surgical masks, just make sure they fit!

**Masking is an important public health tool for preventing the spread of COVID-19, and it is important to remember that any mask is better than no mask.**



For more information, please visit:  
[www.ruhealth.org/public-health/coronavirus-school-resources](http://www.ruhealth.org/public-health/coronavirus-school-resources)

