WHY SHOULD I STILL WEAR A MASK?

**Masks can help protect you and others from COVID-19!
Some people are at higher risk for severe illness.**

Individuals who are more likely to become very sick with COVID-19:
- People who are older
- People with certain medical conditions
- People who are pregnant

Ask yourself: Who is the most vulnerable person in your immediate circle?

If you have compromised immunity or live with someone who does, it's a good idea to continue to wear a mask and maintain social distance around others, especially in indoor areas. Masks are also important if you're unvaccinated or spending time with others who are unvaccinated. Unvaccinated people are at higher risk of hospitalization and death from COVID-19.

What if I feel sick?

If you feel sick, you should stay home because you could be spreading COVID-19 to other people. If you need to leave your house to get medical care, wear a mask.

What type of mask should I wear?

A well-fitting, high quality mask will protect you, even if other people aren't masking. KN95, N95 and KF94 masks are the best protection around. Other options are cloth masks and surgical masks, just make sure they fit!

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

Riverside University HEALTH SYSTEM
Public Health

COVID-19 RESPONSE
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For more information, please visit
https://www.rivcoph.org/coronavirus