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Masking Up During The COVID-19 Pandemic

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MASKING UP DURING THE COVID-19 PANDEMIC

WEARING A MASK DOES NOT AFFECT YOUR ABILITY TO BREATHE IN OXYGEN OR BREATHE OUT CARBON DIOXIDE



While masks may cause some discomfort, they do not affect your oxygen or carbon dioxide levels.



Nurses wearing both an N95 and surgical mask during a 12-hour shift reported no breathing problems.



There is no evidence that wearing a mask while exercising or walking has negative health effects.

HOW DO I WEAR A FACE MASK SAFELY?

When should I wear a face mask?

Please wear a face mask whenever you are in public or around people from outside your household. Also wear a mask at home if you feel sick. Social distancing is still important even when you are wearing a mask!



Should I wear a mask outdoors?

If you can remain at least six feet apart from others, a mask is not necessary. But it is still important to have one handy! Always wear a mask if social distancing is not possible.

Are there any exceptions to the rules?

If you are dining out, you can remove your mask while eating and drinking. If you are participating in an activity that might make your mask wet, please remove it as a wet mask can make it difficult to breathe. Lastly, if you have trouble breathing, move away from others and remove the mask.

How can I make my mask hijab friendly?

Detachable extenders offer a comfortable alternative to slipping the mask loops behind your ears. They are available in a variety of fabrics and styles!

MYTH VS. FACT

I will not breathe in enough oxygen if I wear a mask for a long time.



Although wearing a mask can be uncomfortable, it will not stop your body from getting the air it needs!

COVID-19 only spreads during the summer months, not during the winter season.



The science does not agree! COVID-19 can live inside our bodies no matter what the weather outside is like.

I only need to wear a mask when I feel sick.



Everyone should wear a mask! It acts as a barrier that prevents your germs from reaching family and friends.

Social distancing is not necessary if I have a mask on.



While masks are important, they are not perfect. Social distancing and a mask will keep you and others safe!