

## Mask Up – Wearing a Mask is Protecting Each Other

**WEARING A MASK IS PROTECTING EACH OTHER**

**DO'S**

- WASH HANDS BEFORE TOUCHING YOUR MASK
- BE SURE TO COVER YOUR NOSE, MOUTH AND CHIN WITH THE MASK
- ADJUST MASK TO YOUR FACE WITHOUT LEAVING GAPS ON THE SIDES
- AVOID TOUCHING THE MASK
- REMOVE THE MASK FROM BEHIND YOUR EARS OR HEAD
- KEEP MASK AWAY FROM YOU AND SURFACES WHILE REMOVING IT
- WASH YOUR HANDS AFTER TAKING OFF MASK

**DON'TS**

- DO NOT WEAR MASK ONLY TO COVER YOUR MOUTH OR NOSE
- DON'T WEAR A LOOSE MASK
- DON'T TOUCH THE FRONT OF THE MASK
- DO NOT LEAVE USED MASK IN REACH OF OTHERS

\*REMEMBER THAT MASKS ALONE CANNOT PROTECT YOU FROM GETTING COVID-19. YOU MUST PRACTICE SOCIAL DISTANCING AND WASH YOUR HANDS.

WEST JORDAN

Utah businesses have been given the 'OK' to reopen this week, but there are some critical health guidelines that have been put in place by the State and the County, that businesses must follow.

"I have concerns and I'm requiring conditions for restaurants and businesses that are opening," said Salt Lake County Mayor Jenny Wilson.

Among maintaining social distancing guidelines, having employees wash their hands, and screening for fevers, employees and customers must all wear face coverings. The Governor made a plea with the public during a news conference this week, where he announced the state would be moving from a 'high-risk phase' to a 'moderate phase.'

"We need to wear a face mask whenever possible, particularly when interacting with people," Governor Herbert said. "I'm a little disappointed when I go into the grocery store with Jeanette, and we don't see people wearing face masks."

So, why the push for facemasks? A study by the CDC, who monitored the spread and effects of the novel coronavirus in the United States, found there is a significant portion of people with

the virus who don't show any symptoms (asymptomatic) and even those who eventually do develop symptoms (pre-symptomatic) can transmit the virus to others before ever showing symptoms themselves.

"The coronavirus is probably three times as infectious as the flu," CDC Director Dr. Robert Redfield said. "Some people are infected and transmitting the virus probably as long as two days before showing any symptoms."

The virus can spread through respiratory droplets when someone coughs, sneezes, or even talks. This is why the CDC is now recommending everyone wears a face mask or face covering. In short; if everyone wears a mask, people protect one another, which reduces overall community transmission.

The CDC still recommends that you stay six feet away from other people, wash your hands often, and avoid touching surfaces.

If you do not have a face mask, you can order one at [Utah.coronavirus.gov/mask](https://utah.gov/coronavirus/mask). The state launched a program offering 2 million masks to Utahns, however due to demand it may take up to two weeks to receive one. In the meantime, you can easily make a face covering using a bandana, old shirt, or your sewing machine. Here are the instructions on how to make your own: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>