

Wearing a face covering or face mask in

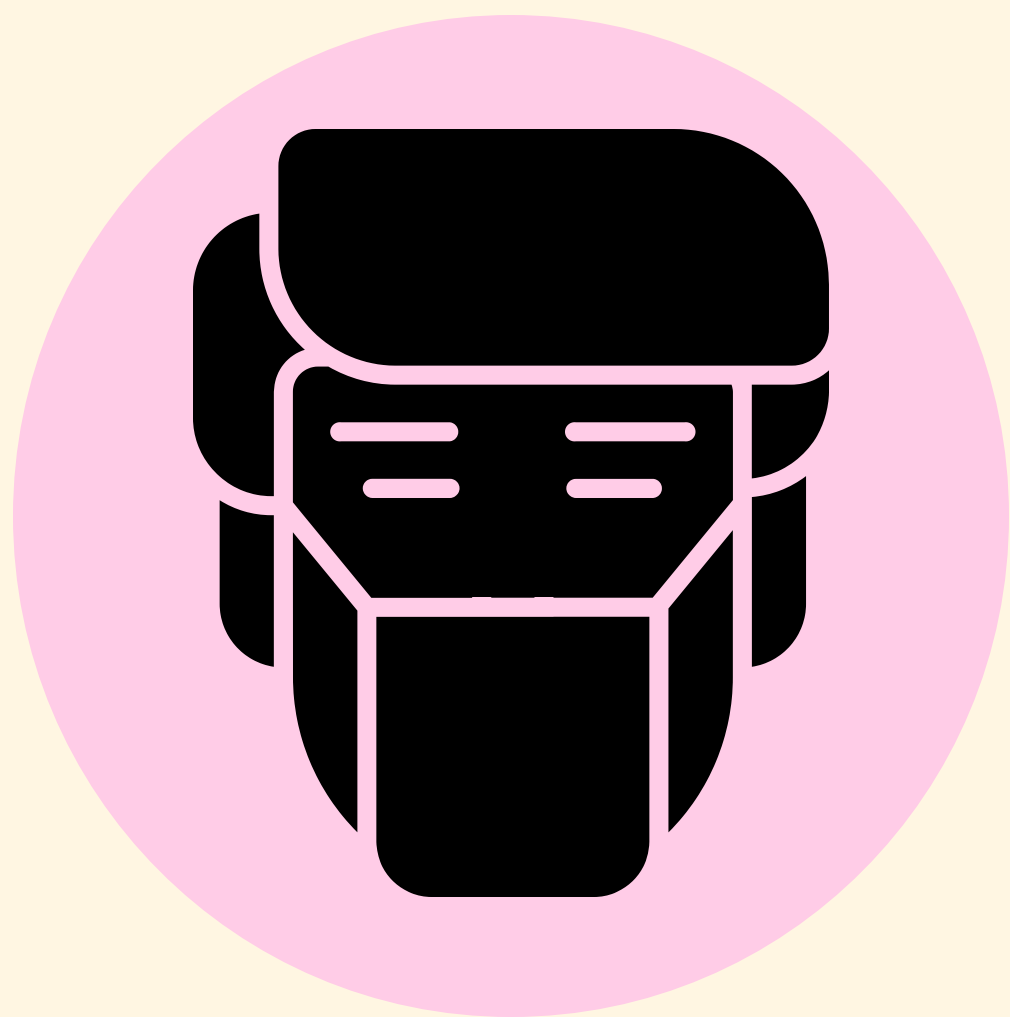


public helps reduce the spread of germs



We should **ALL** wear a face covering/mask to protect each other.

Even if you don't feel sick, germs can spread to others through respiratory droplets produced by breathing, talking, sneezing and coughing.



1. Wear Covering or Mask Correctly

- Make sure you can breathe through it
- Your nose and mouth should be covered
- Face coverings should not be placed on children under 2 years old or people who have trouble breathing



2. Maintain Healthy Habits

- Wash the face covering after use
- Avoid contact with sick people
- Wash hands often with soap and water; use hand sanitizer with at least 60% alcohol if soap and water aren't available



3. Keep Social Distancing

- Face coverings/masks do not replace social distancing
- You may be sick (carrying germs) and not even know
- Face coverings + social distancing = less community spread of disease



<https://covid19.nj.gov/>



Questions? Call 2-1-1 or text NJCOVID to 898-211