

Masking Guidelines



Masking in public is recommended by the Centers for Disease Control and Prevention (CDC) to slow the spread of the virus.

- You are protecting yourself and countless others from COVID-19.
- We have patients here with conditions like cancer or asthma that put them at higher risk if they get COVID-19. We want to keep them safe and have a duty to protect them.
- Some people do not show symptoms of COVID-19. A face covering reduces the spread of the virus.

Do:

- ✓ Make sure it covers your nose and mouth
- ✓ Make sure you can breathe through it
- ✓ Use hand hygiene after touching it
- ✓ Wash cloth face coverings frequently (after each use)
- ✓ Perform hand hygiene as you come and go

Don't:

- ✗ Use on children under age 2
- ✗ Use if you have trouble breathing
- ✗ Use if you can't remove it without help
- ✗ Touch outside of mask (if you do, wash your hands)
- ✗ Wear while eating
- ✗ Share it with others

Thank you for helping us protect your health and the health of those around you.



Marshfield Clinic
Health System