





# SUNDAY MORNING HEALTH CORNER




## Reducing the Spread of COVID-19

According to the Centers for Disease Control and Prevention (CDC) since January 21, 2020, there have been over 25 million Coronavirus (Covid-19) cases within the United States, with over 423,519 people dying from the virus. Scientists and doctors are trying desperately to stop the spread of Covid-19 through testing and vaccinations. However, you can do your part in the fight to reduce the spread by wearing a mask and taking other necessary precautions.

### The Importance of Wearing Mask

-  Masks provide a protective barrier that keeps respiratory droplets from spreading.
-  Everyone needs to wear a mask to protect themselves and each other from the coronavirus.
-  CDC recommends that people age 2 or older should wear masks in public. Mask does not have to be worn by children under the age of 2 or anyone who has trouble breathing.
-  Mask wearing is not a substitute for social distancing; masks should be worn in addition to staying at least 6 feet away apart, especially when indoors around people who don't live in your household.

### Other Ways to Protect Yourself From COVID-19

-  Stay at least 6 feet apart from others, and avoid crowded places and poorly ventilated areas.
-  Wash your hands often, with soap and water, for at least 20 seconds each time.
-  Use hand sanitizer with at least 60% alcohol if soap and water are not available.



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For more information on COVID-19 and wearing masks visit:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/masks-protect-you-and-me.html>