When should I *wear* a mask?

Some masks provide more protection than others. It's most important to wear a mask that:

- Fits well and correctly
- Is comfortable for you
- Provides good protection

Sources: **CDC, Yale Medicine**

Which mask will *protect* me?

Health officials recommend face masks when:

- The spread of respiratory illnesses, like COVID, flu and RSV, is high
- You are in public indoor places longer than 15 minutes
- You are more likely to get very sick from respiratory infections

Sources: **Mayo Clinic, CDC**