What Does A Mask Do?

During the Coronavirus Pandemic the Centers for Disease Control (CDC) recommends people wear masks to help reduce the spread of COVID-19. COVID-19 spreads from one person to another through respiratory droplets expelled when an infected person coughs, sneezes, talks or shouts. These droplets can land on the mouth, or be inhaled by a nearby person and get into his/her lungs. Studies show that some individuals with COVID-19 are “asymptomatic” (lack symptoms) or “pre-symptomatic” but can still spread the disease to others. Wearing a mask will not prevent you from getting COVID-19, but it will prevent you from spreading the virus to others.

So Why Wear A Mask?

According to the CDC, wearing a mask may help prevent a person with COVID-19 from spreading the virus to those around them who may be more susceptible or at higher risk. Masks along with social distancing, frequent hand washing, cleaning and disinfecting surfaces will help reduce the spread of the virus.

And because Neeli says so!