The CDC recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don’t have any symptoms.

How Do Cloth Face Coverings Work?
Cloth face coverings may prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure can be reduced for the community.

General Considerations:
When using a face covering, make sure:
- The mouth and nose are fully covered.
- It fits snugly against the side of the face with no gaps.
- The covering is secured to prevent slipping.

For more information, visit cdc.gov or flatheadhealth.org