

## HOW COVID-19 LIKELY SPREADS



Like other viruses, COVID-19 can spread between people. Carriers of the virus can spread COVID-19 through their respiratory secretions, especially when they cough or sneeze. The particle droplets can be inhaled through the nose or mouths of those who are in close proximity to the infected individuals, but strains of the virus may also survive on different surfaces. Recent studies show that many individuals with COVID-19 lack symptoms (Are asymptomatic) but can still transmit the virus to others. To help mitigate the spread of COVID-19, the CDC has recommended that everyone maintain a social distance of at least 6 feet from others and avoid touching their own mouth, nose and eyes as much as possible.

## WHY IT IS IMPORTANT TO WEAR A MASK

As we mentioned above, even though you may feel fine, you could be asymptomatic and so masks will help prevent you from spreading the virus to others. Masks are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings, so we all have to do our part! This is especially true when used along with our other preventative measures such as social distancing, frequent handwashing, and cleaning and disinfecting frequently touched surfaces. Please make sure you are wearing your mask in all public locations (as per the ordinance for Franklin County) and when you are wearing your mask, it must cover your mouth AND nose. To wear your mask correctly:

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Be careful not to touch your eyes, nose and mouth when removing and wash your hands immediately after removing.

