







# Protect yourself and others from COVID-19 **WEAR A MASK.**



If your community is having high community spread of COVID-19, wear a mask in all indoor public places.

- Even with low [community spread](#), consider wearing an N95 or KN95 mask if you are going to be with anyone who might be at high risk for complications from COVID-19.
- [Wear the most protective mask](#) you can, that fits well and that you will wear consistently to prevent COVID from spreading.
- Everyone ages 2 years and older can wear a mask. [Find free masks here.](#)

## Mask Types, Levels of Protection and When to Wear One

Mask Type	Protection	When you might use it
(no mask)	 <i>least safe</i>	In your own home* or outdoors if it is not crowded
Cloth mask		Going shopping, staying 6 feet away from others and/or briefly walking past others in the aisles.
Surgical mask		Situations that you need to be in closer contact with people outside your household for extended periods of time.
Surgical mask with cloth mask over it		For healthcare and essential workers or those at high risk for severe illness
Two surgical masks, one over the other		
N95** or KN95	 <i>safest</i>	