

# MASK UP TEXAS

## Texas Nurses COVID-19 Task Force



## PROPER MASKING

Masks have been *proven to slow the spread* of the coronavirus, primarily by stopping viruses at the source. Since the coronavirus can be spread *even before people know they are infected*, wearing masks in public is important. Some people may choose to double mask for extra protection. Use a mask with these features:

### Masks to avoid:

Don't use masks with materials that stop air flow, such as vinyl. Avoid masks with exhalation valves or vents that allow droplets to escape. Scarves or ski masks are not good substitutes for an actual mask.

### Already vaccinated?

A handful of studies show that *vaccines can reduce transmission* of the virus. However, mask wearing is still recommended to protect you and others until the majority of the population is vaccinated.

## WHY MASK?

Studies by scientists show *how effective masks are*:

Masks can stop up to  
**80%**  
of droplets and particles  
from going into the air.

Masks can protect the  
wearer from around  
**50%**  
of droplets and particles.

Consistent mask wearing in  
high exposure situations can  
reduce risk by an estimated  
**70-79%**

The virus is spread through droplets formed when people breath, cough or sneeze. Most of these droplets are large and fall to the floor after 6 feet. Some can travel farther or stay in the air longer. Wear masks in public or when you are near someone who tested positive or has symptoms of COVID-19.

### Masks work best when:

- Everyone (above age 2) is wearing a mask.
- You can avoid touching or readjusting the mask.
- The mask covers your nose and mouth entirely.
- They are used along with physical distancing.

