Wearing a face covering or face mask in public helps reduce the spread of germs

We should **ALL** wear a face covering/mask to protect each other.

Even if you don't feel sick, germs can spread to others through respiratory droplets produced by breathing, talking, sneezing and coughing.

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1. **Wear Covering or Mask Correctly**
   - Make sure you can breathe through it
   - Your nose and mouth should be covered
   - Face coverings should not be placed on children under 2 years old or people who have trouble breathing

2. **Maintain Healthy Habits**
   - Wash the face covering after use
   - Avoid contact with sick people
   - Wash hands often with soap and water; use hand sanitizer with at least 60% alcohol if soap and water aren't available

3. **Keep Social Distancing**
   - Face coverings/masks do not replace social distancing
   - You may be sick (carrying germs) and not even know
   - Face coverings + social distancing = less community spread of disease

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Questions? Call 2-1-1 or text NJCOVID to 898-211