Key Times to Wear a Mask (34 seconds)

Wearing a mask helps prevent the spread of COVID-19.

You should wear a mask

- When you are out in public, or anytime you are around someone who does not live in your household,
- If you are sick and interacting with others at home, and
- When you are caring for someone sick at home.

Masks should not be worn by:

- Children under age 2,
- Anyone who has trouble breathing, or
- Anyone who can’t take off the mask without help from another person.

To learn more, visit c-d-c dot g-o-v slash coronavirus.