



There are lots of things in life we don't HAVE to do but we do them because they help us. You don't HAVE to take pain meds when you're in pain. You don't HAVE to go to the doctor if you break a bone, but your quality of life is better if you do.

They have said that! However, just because you don't HAVE to wear a mask doesn't mean it isn't a good idea to wear one indoors and in crowds.

But the Government says I don't have to wear a mask anymore?

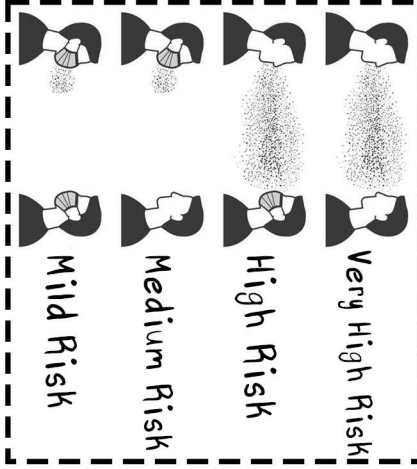
When choosing a mask, any mask is better than no mask. But not all masks are made equal.

 P100 and N99	BEST
 N95	VERY GOOD
 N95 and WF95	GOOD
 Surgicals	BETTER THEN NOTHING

SCAN HERE FOR MORE INFORMATION
ON DIFFERENT KINDS OF MASKS!



Masks also help filter the air we breathe. Helping protect us from things like pollution and allergens such as dust, pollen, and pet dander.



Masks are a tool used to help protect both the wearer and the people around them from disease

Why would I wear a mask when I'm not sick? Aren't they only needed when you're sick?

- Masks help prevent you from getting sick in the first place!
- Many people have reported that in the early days of the pandemic (during mask mandates), they caught other respiratory viruses like colds and flu less often.
- In 2020, an entire flu strain completely disappeared due to widespread masking and precautions.
- Many viruses are actually contagious to others before/you start "feeling sick" (showing symptoms). Waiting to wear a mask until you start to "feel" sick means you could have already spread the virus to other people!

Why YOU should be doing it

What it is

Masking!

I am perfectly healthy and vaccinated. A cold or the flu isn't going to kill me. Why would I need to wear a mask?

- Even healthy vaccinated people can develop permanent/lasting consequences from illness.
- Many illnesses cause lasting effects, the most currently widespread one being Long Covid.
- Of the 250 million adults in the US, roughly 18% have reported having long covid at one point.
- Of those with long covid, 1 out of 4 report significant activity limitations due to long covid.
- In all, 80% of people with long covid report activity limitations as a result of long covid.
- That is roughly 36 MILLION US adults who have reported activity limitations due to long covid.

I think a better question is, who wouldn't want to protect themselves from something like that?

Masking doesn't have to be an all or nothing thing. Doing something is better than doing nothing.



Other Languages
PDFs
Resources

But I got covid and that didn't happen, why should I care?

- Everytime you get covid your risk of developing long covid increases.
- Evidence shows that covid increases the risk of heart and lung issues, dementia, kidney problems and liver problems.
- Covid -19 has only been around for 5 years, for many diseases the full effects of catching them aren't seen/proven until DECADES after the illness emerges.

I would love to start masking but they're just so expensive and I can't afford the cost.

Cost can be a very real concern when it comes to masking. Scan here for a map of mask blocs and other community resources.

