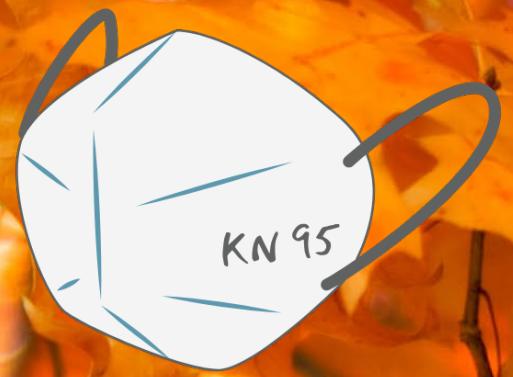


# Mask Season is Now!



**Respiratory virus season is here!** Persons at high risk for severe illness and their household members should consider masking indoors. In fact, masking is a great choice for anyone who wants to reduce their risk of getting a respiratory virus.

## What kind of mask should I wear?

- N95/KN95/KF94 masks provide the best protection.
- Masks should fit snugly over your nose, mouth, and chin.
- Children under 2 should not wear masks and no one should mask when sleeping.

Alameda County is aligned with state masking guidance, except:

Staff in certain healthcare settings are required to wear masks with patients.



## How do masks work?

Masks protect the wearer and those around them from getting and spreading COVID-19 and other respiratory viruses, like flu and RSV.



**Public Health  
Department**  
Alameda County Health

For More Information:  
[CDPH When to Wear A Mask](#)