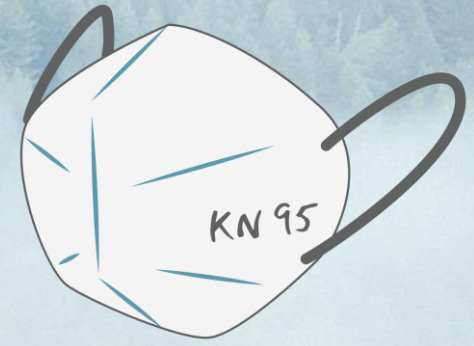


# Mask Season is Now



**Fall/Winter respiratory virus season is here!** Masking is recommended for all persons at high risk for severe COVID-19 and their household members. In fact, this is a good time for everyone to consider masking in indoor public settings.

## 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.

## How do masks work?

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

## Alameda County follows state masking guidance, except:

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

