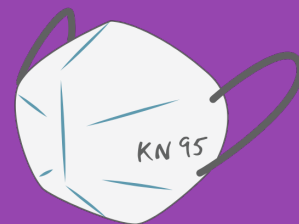


It's Mask Season!



Respiratory virus season is here!

Persons at high risk for severe illness and their household members should consider masking in indoor public settings. In fact, masking is a great choice for anyone who wants to reduce their risk of getting sick from 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.

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.

Alameda County is aligned with state masking guidance, except:

Staff and visitors in some healthcare settings are recommended to wear masks in patient care areas.



**Public Health
Department**
Alameda County Health

For More Information:
<https://bit.ly/WhentoWearMask>