



THE WAY

FORWARD

ON COVID-19

Consensus Guidance on Face Coverings



DO'S

- DO** take a face mask with you wherever you go. Before you leave your home, check that you have your wallet, keys, phone, and a mask.
- DO** cover your mouth and nose with a face mask to stop the spread of COVID-19.
- DO** wear a well-fitted face covering with no gaps around your nose and chin.
- DO** wear a cloth mask with at least two layers (three layers when possible).
- DO** wear a face mask indoors around people who are not members of your household (anyone 2 years of age and older).
- DO** wear a face mask in public settings (anyone 2 years of age and older).
- DO** wear a mask outdoors when you expect to be around others — the safest option is to wear a mask, even when briefly passing by others (e.g., running or walking).
- DO** wash your cloth face covering frequently.
- DO** roll down the window of a car when sharing a ride or traveling with others who are not members of your household.

DON'TS

- DON'T** forget to wear a face covering and stop the spread. Protect yourself and others.
- DON'T** leave your home without a face mask.
- DON'T** touch the front of your mask.
- DON'T** wear the face covering under your nose.
- DON'T** share your mask with others.

For more information,
visit aamc.org/covidroadmap/masks.