



An Affiliate of  UnityPoint Health

# To Wear or Not to Wear a Mask



# Curbing the Spread of COVID-19

“Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water. If you wear a mask, then you must know how to use it and dispose of it properly.”

-World Health Organization

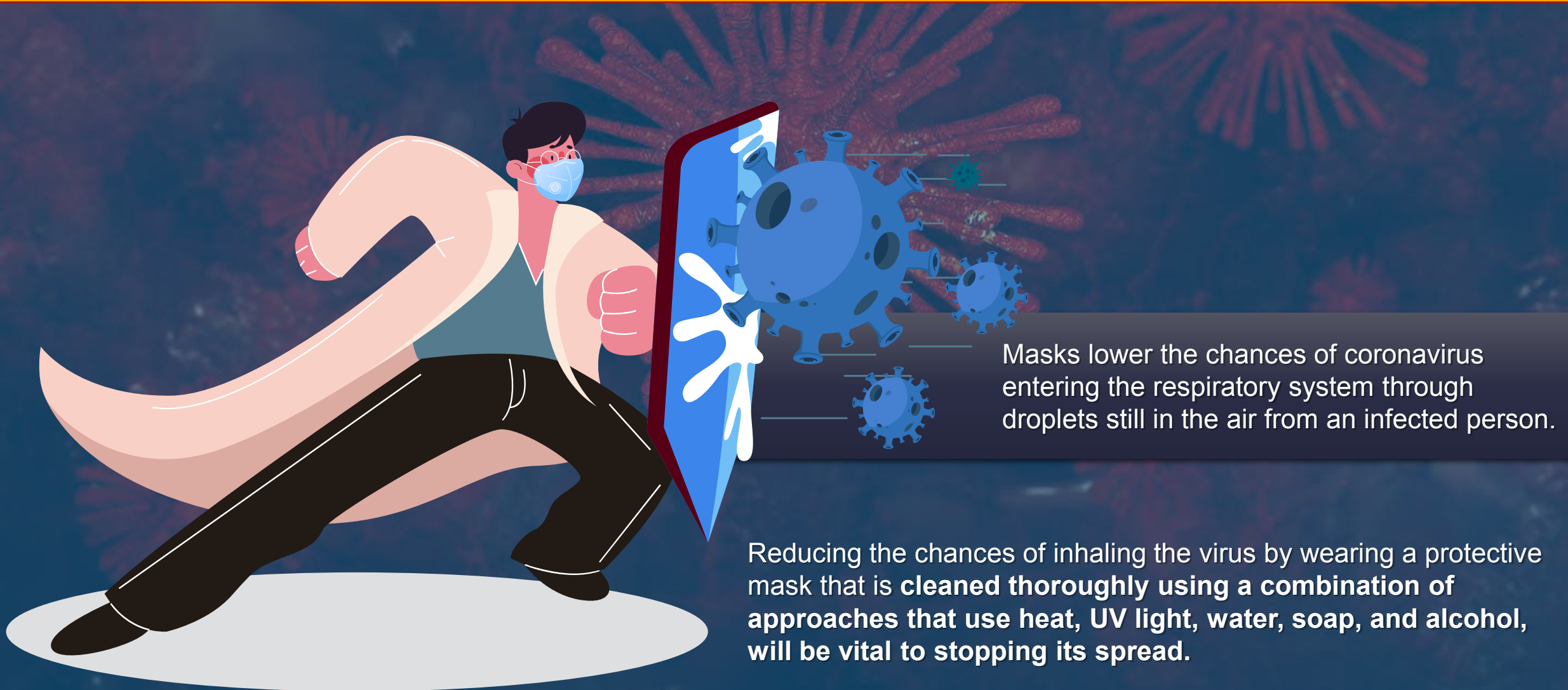


Analyses show that if 50% of the population were to wear masks, only 50% of the population would be infected by the virus. **Once 80% of the population wears a mask, the outbreak can be stopped immediately.**

Source: <https://pubmed.ncbi.nlm.nih.gov/30229968/>



# Why Wear a Mask?



Masks lower the chances of coronavirus entering the respiratory system through droplets still in the air from an infected person.

Reducing the chances of inhaling the virus by wearing a protective mask that is **cleaned thoroughly using a combination of approaches that use heat, UV light, water, soap, and alcohol**, will be vital to stopping its spread.

# How to Slow the Spread



Wash your hands



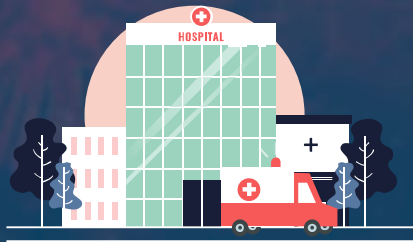
Avoid close contact  
with infected people



Wear masks



Stay at home



Seek medical help early



Distancing





The best source for answers is calling the COVID-19 Information line:  
211 or (800)244-7431 or by going to [coronavirus.iowa.gov](https://coronavirus.iowa.gov)

# QUESTIONS ABOUT COVID-19?

# CALL 2-1-1

Please remember the best place for information about  
COVID-19 is by calling 211 or (800)244-74-31

Remember that 9-1-1 is for emergency calls only