COVID-19 Tip Sheet

It's not a hard task, tell people to wear their masks!

WHY WEAR FACE MASKS?

Face masks help decrease the spread of droplets. In fact, in MO, <u>two hair</u> <u>stylists were COVID-19 positive</u>, and they exposed 139 clients. Everyone wore masks, and there were ZERO additional cases. They work!

WHAT'S THE PROPER WAY TO WEAR A FACE MASK?

Face masks should cover both your nose AND mouth. Not covering one's nose still allows for droplets to be spread. It also should be fitted to your face, and **DO NOT take your mask off to sneeze or cough**! If you need to remove your mask to eat, do so in a private space. Eat quickly and remask!



WHAT HAPPENS IF SOMEONE ISN'T MASKING?

Say something to them! Here are some non-shaming ways to do it.

- Do you mind putting your mask over your nose? Thanks!
- We need to wear masks in this building. Do you have one?
- Hi friend, that mask would look better over your nose and mouth.
- Did you know that the Truman Way is to wear a mask?

Be sure to give people who are properly wearing their masks a shout out!

Do you have a specific COVID-19 question you want answered? Email it to ndmoore@truman.edu