# Stop the Spread of COVID-19

Wear a mask or face covering

Unvaccinated people should always wear a mask in public, even outdoors. You could have COVID-19, have no symptoms, and still infect other people. Masks can help prevent the spread of the virus. Masks protect other people.

Wash your hands before putting your mask on and after taking it off. Don't touch the front of the mask. Handle it only by the ear loops or ties.
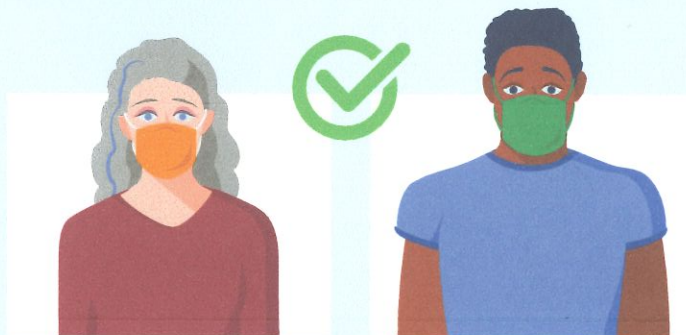
Cover your nose and mouth with the mask. Pull the bottom down under your chin. Adjust it until it fits snugly against the sides of your face. Your mask should not restrict breathing.

Remember, your mask must cover your nose and mouth at all times.

For more, visit: **mass.gov/MaskUp**