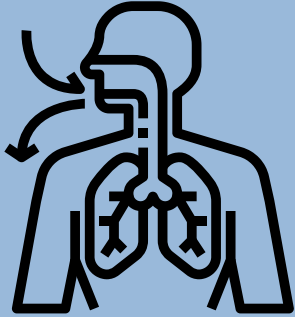
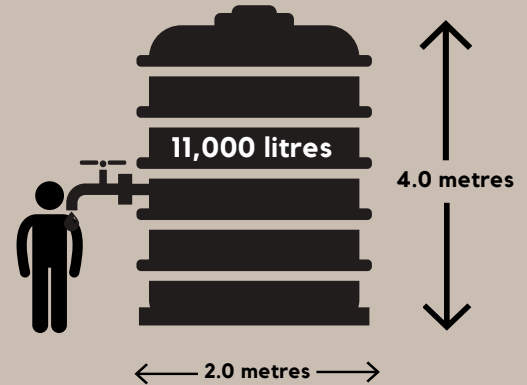


HEADS UP! SO MANY REASONS TO WEAR A MASK

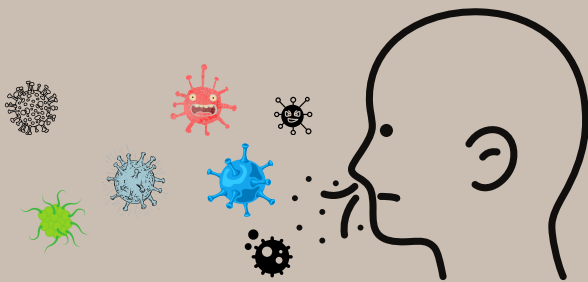
COVID-19 IS SPREAD MAINLY BETWEEN PERSONS IN CLOSE PROXIMITY TO ONE ANOTHER (I.E., WITHIN 1.5 METRES). THE MORE CLOSELY A PERSON INTERACTS WITH AN INFECTED PERSON AND THE LONGER THE INTERACTION, THE HIGHER THE RISK FOR TRANSMISSION



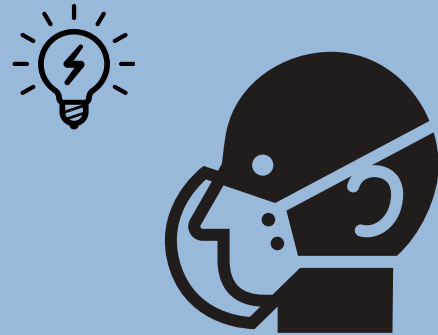
Every day we all take **23,040 breaths** or around 16 breaths per minute to keep our body working.



Every day we all breathe around **11,000 litres of air** in and out. That's a lot of air if we compare to an 11,000 litre tank.



Every day when we speak, cough, or sneeze we breathe out **hundreds of small droplets** containing bacteria and viruses that can float in the air.



Every time we wear a mask we **reduce the number of droplets** we breathe in and out that can spread COVID-19.

Masks Matter: Ask the 'Great Clips' Hairstylists

Two hair stylists interacted with 139 clients and six coworkers before learning they both had COVID-19. The stylists didn't pass the virus on to these people.

Both stylists and all customers wore facemasks.

The CDC says: "**Consistent and correct use of face coverings, when appropriate, is an important tool for minimizing spread of COVID-19 from presymptomatic, asymptomatic, and symptomatic persons.**"

References:

- Lidia Morawska, Donald K Milton, (2020) It is Time to Address Airborne Transmission of COVID-19, Clinical Infectious Diseases, ciae939, <https://doi.org/10.1093/cid/ciae939>
- Anfinrud, P., V. Stadnytskyi, C. E. Bax and A. Bax (2020). "Visualizing Speech-Generated Oral Fluid Droplets with Laser Light Scattering." New England Journal of Medicine 382(21): 2061-2063.
- Hendrix MJ, Walde C, Findley K, Trotman R. Absence of Apparent Transmission of SARS-CoV-2 from Two Stylists After Exposure at a Hair Salon with a Universal Face Covering Policy — Springfield, Missouri, May 2020. MMWR Morb Mortal Wkly Rep 2020;69:930-932.