

# The messages around masks are changing.

Here are a few good reasons to wear a mask:

- It will help to protect others in your household if you are self-isolating.
- It will help stop your droplets from leaving your mouth and spreading to others.
- It can help protect you if you feel you are going into a situation with a high possibility of exposure.
- To protect yourself when physical distancing is not possible.



**Be prepared.**



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