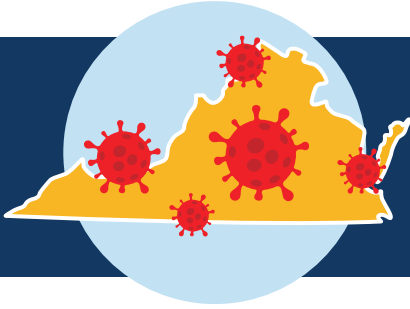


# EVERYONE 2 YEARS AND OLDER NEEDS A MASK INDOORS



Communities in Virginia are experiencing **substantial to high levels of COVID-19 spread**. To protect yourself and others from the Delta variant, everyone aged **2 and older should wear a mask at indoor public settings**.

## Tips for Wearing a Mask

Masks can help stop the spread of COVID-19 and the variants like Delta. Choose a mask that:

- **Fits snugly** but comfortably against the side of the face
- Completely covers the **nose and mouth**
- Includes **two or more layers** of fabric
- Is secured with **ties or ear loops**
- Has a **nose wire**
- **Blocks light** when held up to a bright light source
- Allows for **breathing without restriction**
- **Can be washed and machine dried without damage or change to shape**

## Good to Know

- If you are **fully vaccinated**, you do not need to wear a mask at most outdoor settings.
- If you are **not fully vaccinated**, you should wear a mask indoors and also in outdoor crowded settings.
- If you are **feeling sick**, stay at home and get tested.



Learn more at Using Masks to Slow the Spread of COVID-19 ([vdh.virginia.gov/coronavirus/cloth-face-covers/](https://vdh.virginia.gov/coronavirus/cloth-face-covers/))

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