

COVID 19 Information



Wearing gloves in public	CONS
<p>PROS</p> <p>Helps protect you from getting COVID 19 on your hands.</p>	<p>Does not stop you from getting COVID 19 on your gloves.</p> <p>If you wear your gloves in one store, and get the virus on that set of gloves, then go to your car. Now you have the virus in your car on anything you touch like your steering wheel, your radio etc. Now you have spread the virus.</p> <p>You may have COVID on your gloved hands and touch your face, or touch your phone and bring it up to your face for a phone call. Now you have the virus on your face, which can now spread to your lungs.</p>

Wearing a mask in public	CONS
<p>PROS</p> <p>Helps protect you and others from COVID 19 droplets when coughing or sneezing.</p> <p>You should only wear a mask if you cannot practice physical distance, or you are caring for someone with COVID 19, or with respiratory symptoms, or you are sick yourself and going to a medical appointment.</p>	<p>People often touch their face readjusting the mask without washing their hands. If you have touched something where the virus is living and then touch your face with unwashed hands, you now have the virus on your face, which can get into your lungs.</p> <p>It can become damp or soiled and is less effective when this occurs, it may not protect you from someone sneezing or coughing.</p>

The best way to stop the spread of COVID 19 is practicing ***physical distance*** of 2 meters or 6 feet, and ***hand washing*** for 20 seconds with soap and water, or hand sanitizer.