

Key Times to Wear a Mask (34 seconds)

Wearing a mask helps prevent the spread of COVID-19.

You should wear a mask

- When you are out in public, or anytime you are around someone who does not live in your household,
- If you are sick and interacting with others at home, **and**
- When you are caring for someone sick at home.

Masks should not be worn by:

- Children under age 2,
- Anyone who has trouble breathing, **or**
- Anyone who can't take off the mask without help from another person.

To learn more, visit [c-d-c dot g-o-v slash coronavirus](https://www.cdc.gov/coronavirus).