Wearing a Mask or Face Covering To Slow the Spread of COVID-19

Wearing Your Mask

Follow these steps from the World Health Organization:

- Before putting on your mask, clean your hands with soap and water or alcohol-based hand sanitizer.
- Cover your mouth and nose with the mask
- Allow for breathing without restriction
- Make sure there are no gaps between your face and the mask
- Do not touch the front of your mask
- Remove the mask from behind
- Do not wear your mask inside out.

Am I required to wear a mask?

No, you are not required to wear a mask. However, the CDC now strongly recommends that Americans wear masks when going out in public.

When should I wear my mask?

You should consider wearing your mask if you must go out in public. Under Governor Pritzker's Stay at Home Order, Illinoisans may leave their homes for Essential Services. Those include:

- Grocery shopping
- Taking a walk
- Visiting the doctor
- Picking up carryout meals

How does wearing a mask prevent the spread of COVID-19?

Wearing a mask helps prevent people who may have the virus but don't know it from inadvertently passing it along to others, according to the CDC.

Where can I find information about the City's response to COVID-19?

Visit the City's website at www.cityhpil.com/covid-19 to learn more about steps the City has taken to slow the spread of COVID-19 in Highland Park.

City of Highland Park

non-emergencies: **847.432.7730**

Information & artwork adapted from the Centers for Disease Control & Prevention and the World Health Organization.