

NOT ALL HEROES WEAR CAPES. BUT THEY DO WEAR MASKS.

Be a hero. Wear a mask and help stop the spread of COVID-19.

Mask-Wearing Heroes Do:

- ✓ **Wear masks made with several layers of washable and breathable fabric.**
- ✓ **Wash their hands before and after each use.**
- ✓ **Wash their mask frequently in hot water.**
- ✓ **Store their mask in a clean, dry place.**
- ✓ **Wear their mask completely covering their nose and mouth.**
- ✓ **Wear their masks whenever they are around others.**
- ✓ **Dispose of their masks properly.** They don't toss them on the ground or leave them in a shopping cart.
- ✓ **Take pride in knowing they are doing their part to stop the spread.**

Mask-Wearing Heroes Don't:

- ✗ **Leave their chin or nose uncovered when sporting a mask.**
- ✗ **Pull their mask up and down while they are out and about.** No touching, y'all!
- ✗ **Touch the front of their mask when wearing or removing it.** This can put them at risk for exposure.
- ✗ **Wear a mask with a valve.** This type of mask is not necessary and can potentially infect others if they are sick.
- ✗ **Stop being vigilant.** Safety is more than a mask. Practicing hand-washing and social distancing is also important.

A true #MaskHero knows that by working together, we can help stop COVID-19.

To learn more or download this flyer, visit texmed.org/MaskHero.



Physicians Caring for Texans

[f](#) [t](#) @texmed [i](#) @wearetma