

# COVID-19

## Tip of the Day

### Should I wear a face mask?

*As of February 26, 2020, face masks are not recommended for the general public in the US.*

*If you have respiratory symptoms like coughing or sneezing, experts recommend wearing a mask to protect others. This may help contain droplets containing any type of virus, including the flu, and protect anyone within six feet of the infected person.*

*The CDC offers more information about masks. The WHO offers videos and illustrations on when and how to use a mask.*

The logo for Truman Medical Centers, featuring the letters 'TMC' in a large, blue, serif font.

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<https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center#general>