

OKLAHOMA STATE DEPARTMENT OF HEALTH DISTRICT 6

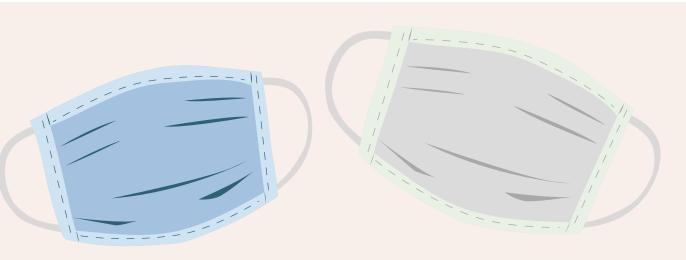
(CLEVELAND, GRADY, MCCLAIN, POTTAWATOMIE, SEMINOLE, & HUGHES COUNTIES)

Prevent the spread of COVID-19

Even if you are 6 feet away from others, wearing a face covering has an important purpose to help others, and yourself, slow the spread of COVID-19. The use of masks can reduce transmission of the virus.

Why wear a mask?

Wearing a mask isn't simply about keeping students in the classroom. It's about protecting students, staff, & families to the greatest extent possible.



What is viral load?

It's the amount of virus in an infected

person.

By creating a barrier between the droplets

released from a person's mouth or nose, masks

can reduce how much of the COVID-19 virus is

passed on. This decrease in viral load exposure

may help prevent infection or reduce the

severity of illness, if infection occurs.

Social Distancing

When exposed to a positive COVID case:

If I mask & quarantine

LOWER chance of infection



R,

REDUCED chance of spread



If I don't mask, but I quarantine

HIGHER chance of infection



REDUCED chance of spread



If I mask, but I <u>don't</u> quarantine

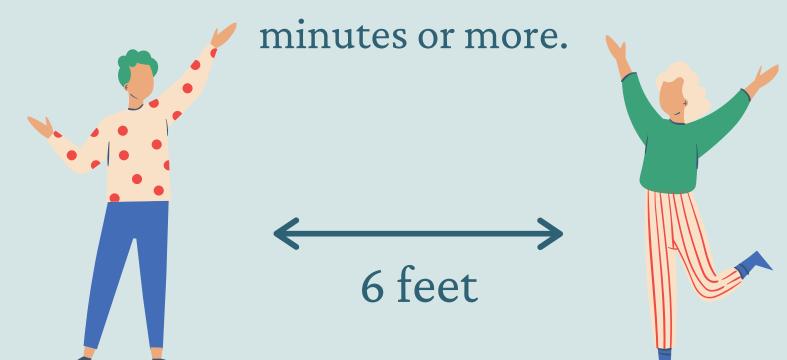
LOWER chance of infection



INCREASED chance of spread

Limiting close face-to-face contact with others is the best way to reduce the spread of COVID-19.

COVID-19 spreads mainly among people who are in close contact (within 6 feet) for 15



If I don't mask & don't quarantine

HIGHER chance of infection



INCREASED chance of spread