

Join the DfG **#Masks4Millions** movement to *reduce the spread* of COVID-19



## How is COVID-19 spread?

COVID-19 can spread when droplets from an infected person enter the nose or mouth of a healthy person.

## How can this Days for Girls cloth mask help reduce the spread of COVID-19?

1. When we touch our face, the virus can move from our hands to inside our nose and mouth. Masks prevent us from touching our faces.
2. When we cough, sneeze, or talk, droplets can move easily towards the people around us. Masks reduce the movement of droplets.

## How do I take care of my mask?

Wash your mask once every 24 hours with soap and water.  
Dry in the sun and/or iron to kill germs.

We can all do our part to reduce the spread of COVID-19:

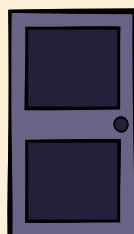
Wash hands



Practice social distancing



Stay indoors



Wear a mask

