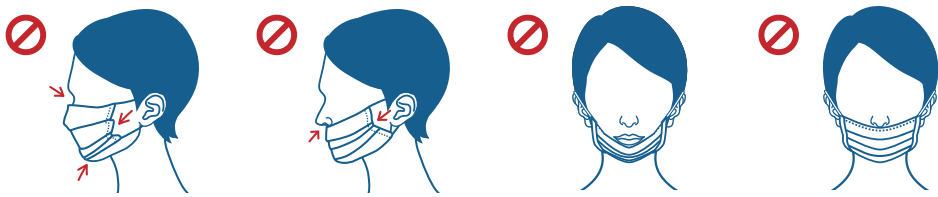
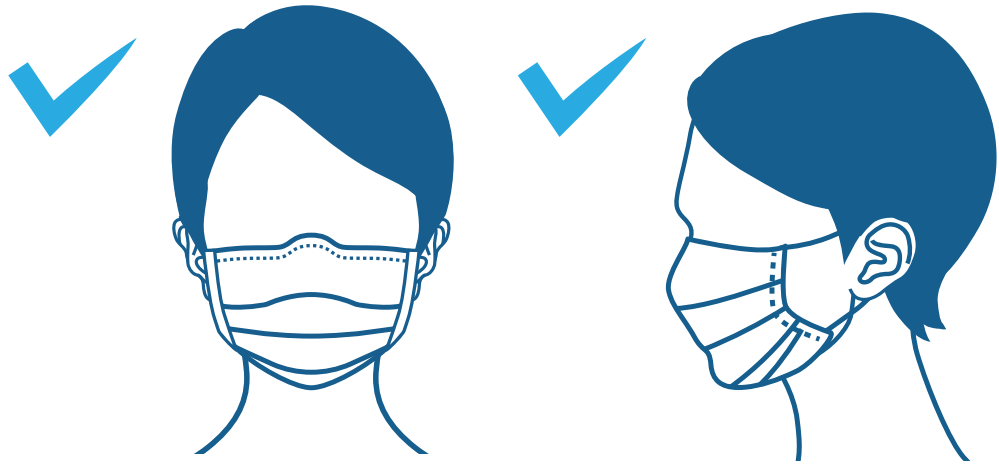




MASK UP TO KEEP COVID DOWN

THE PUBLIC IS ENCOURAGED TO FOLLOW GUIDELINES RECOMENDED BY THE CDC, JOHN HOPKINS UNIVERSITY, AND FDOH



*Masks for the Public

According to the CDC, recent studies indicate a significant portion of people who have COVID-19 don't show symptoms, and the virus can spread before they realize they are sick. This research — combined with the fact that the coronavirus can spread through close proximity to others, often by speaking, coughing or sneezing — led to their recommendation for the general public to wear cloth masks in public, especially in situations where social distancing may be difficult, such as grocery stores or on public transportation, and in areas where there is a significant amount of community transmission.

People with risk factors for severe consequences of COVID-19: This would include people over age 65 and those living with heart disease, diabetes, obesity, chronic lung disease, immunity problems or cancer.

Practicing social and physical distancing and frequent handwashing are the best ways to protect against COVID-19.

**Sourced from John Hopkins University*



#MaskUpLKLD

COVID-19 | **SYMPTOMS**

Shortness of breath Fever Cough

may appear
2-14 days
after exposure



FREQUENT UPDATES ON
[Lakelandgov.net /COVID19](https://www.lakelandgov.net/COVID19)

For more information please visit [Lakelandgov.net/covid19](https://www.lakelandgov.net/covid19)