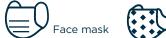# Masking Guidelines

Masking in public is recommended by the Centers for Disease Control and Prevention (CDC) to slow the spread of the virus.

- You are protecting yourself and countless others from COVID-19.

- We have patients here with conditions like cancer or asthma that put them at higher risk if they get COVID-19. We want to keep them safe and have a duty to protect them.

- Some people do not show symptoms of COVID-19. A face covering reduces the spread of the virus.

Do:

✓ Use these to cover your mouth and nose:

Face mask   Cloth face covering

✓ Make sure you can breathe through it

✓ Use hand hygiene after touching it

✓ Wash cloth face coverings frequently (after each use)

✓ Perform hand hygiene as you come and go

Don't:

✗ Use these to cover your mouth and nose:

Mask with valve   Mask in bad condition   Mesh mask

✗ Use on children under age 2

✗ Use if you have trouble breathing

✗ Use if you can't remove it without help

✗ Touch outside of mask (if you do, wash your hands)

✗ Wear while eating

✗ Share it with others

Thank you for helping us protect your health and the health of those around you.

Frequently asked questions

Why do I have to wear a mask?
Wearing a mask and social distancing are the two best ways to protect against COVID-19. We require masks in our facilities for everyone's safety including yours, our staff, all of our patients and especially the many patients who are at high risk of serious complications from COVID-19.

Where do I have to wear a mask?
In all Marshfield Clinic Health System buildings, including patient rooms, waiting areas, hallways, cafeterias and elevators.

I do not have a mask with me. What do I do?
We have masks available for free that you can use.

Why can't I wear a mask with a valve?
A mask with a valve will protect you, but it will not protect others around you. The valve allows your unfiltered breath out of the mask.

Does my child need to wear a mask?
We do not require children under 2 years old to wear a mask. All other children are expected to wear a mask.

I can't tolerate wearing a mask because of my health. Do I need to wear a mask?
For patients, certain health conditions are exempt from wearing a mask. If you are unable to wear a mask due to a health concern, inform staff to determine next steps. All visitors are required to wear a mask within the facility without exception.

I was already tested and I do not have COVID-19. Why do I have to wear a mask?
For your safety and others, we need you to still wear a mask. There have been documented cases of people testing negative for COVID-19 and then testing positive a few days later.

Why did you check my temperature?
Having a fever may be a symptom of COVID-19, so temperature checks are another way for us to minimize the risk of exposure.

Why did you ask about my symptoms?
We ask about symptoms because not everyone with COVID-19 has a fever. Screening for symptoms is recommended by the CDC.

Marshfield Clinic
Health System