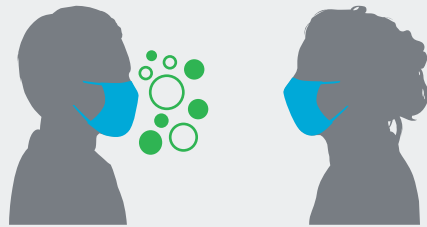


# Universal Masking Guidance for All

Together we can all help stop the spread of COVID-19 by wearing a face covering, practicing social distancing and limiting our speaking time when we go out in public.

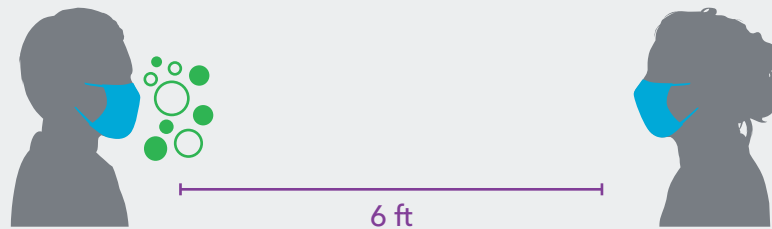
## GOOD

Two people wearing masks



## BETTER

Two people 6 feet apart, both wearing masks



## BEST

Two people, both wearing masks, standing beyond 6 feet apart and speaking to each other less than 10 minutes



UnityPoint Health