Show Aloha,
WEAR A MASK.
The 5 W's of wearing a face covering to prevent the spread of COVID-19

**WHO** should wear a mask?
Everyone, except those under 2 years of age, or with medical conditions that prevent you from wearing one.

**WHAT** type of mask should one wear?
A cloth or non-medical surgical mask is ideal in order to prevent any shortages of personal protective equipment for healthcare workers.

**WHEN** should one wear a mask?
Anytime you may interact with people outside of your household, such as using public transport, buying groceries, or eating out.

**WHERE** should one's mask cover?
The mask should fit snugly and fully cover your nose and mouth in order to be effective!

**WHY** are masks necessary?
To protect each other, especially our kūpuna! A mask can help trap and block droplets from an infected person.

Visit hphi.org/covid19 for state and county information on COVID-19 safety.