



## Face Coverings in Northglenn – Background and FAQ

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It's important to follow the recommendations of our local health department and the state. COVID-19 is primarily spread through respiratory droplets that people expel when they breathe, cough, or sneeze. Masks reduce the spread by containing some of the respiratory droplets. They are not a guarantee against getting sick, but they are likely to help -- especially in combination with frequent hand washing/hand sanitizer and social distancing.

### **Why should I wear a cloth face covering?**

In a nutshell: to keep your germs to yourself. Not a pretty thought, however COVID-19 spreads when we naturally expel droplets just by speaking (let alone coughing or sneezing).

State ([CDPHE](#)), national ([CDC](#)), and international ([WHO](#)) health organizations recommend cloth face coverings when out in public. Why? (1) It became clear respiratory droplets were a primary transmission method, (2) widespread use of cloth masks in affected communities showed a slowdown in new cases, and (3) there is some evidence that people may be infected and able to infect others even though they do not show symptoms.

It is critical to understand face coverings alone are not enough - frequent hand-washing/sanitizer and social distancing are also key to reduce the risk of spreading or contracting COVID-19. The three recommendations are not a guarantee you will not contract or pass on COVID-19 if you are interacting with those outside your household, but these methods greatly reduce the chances and slow the spread.

### **Will wearing a cloth face mask hurt me or compromise my immune system?**

No, not if you are only wearing them while you are in public areas where you are close to those outside your household.

It is recommended that you wash your face coverings regularly.

According to the CDC, cloth face coverings are safe for everyone except

- Children under age 2
- Anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance

### **Do I need to wear a face coverings if I am outside walking or exercising?**

If you think you are going to be within 6 feet of someone, it is recommended that you cover your nose and mouth with a mask, bandana, gaiter or similar cloth. If you are more than 6 feet from anyone that lives outside your household you do not need to cover your nose and mouth. Please remember – if you are using a busy trail and passing near others, just breathing is spreading respiratory droplets. We ask you to use good judgement.

### **Does the City of Northglenn's Mask Resolution violate my constitutional rights?**

No. Wearing a face covering is a strong recommendation in the interest of public health, not a law; there is no fine or legal consequence. However, places of business may require patrons wear a face mask and individuals can be cited for trespass if they do not comply.

**We encourage you to show your neighbors and the community that you respect and care about them -- cover your nose and mouth when you are out and about in Northglenn public places.**