You should wear a mask when:

- Going shopping, even if it is a curbside or door pick up
- Exercising and you cannot safely maintain 6 feet of distance from those around you
- Traveling in public transportation, including Uber and Lyft
- Riding in a vehicle with someone who you do not share a household with

The CDC recommends wearing cloth face masks to help prevent the spread of the coronavirus to others when talking, coughing, or sneezing. This is important because you could be sick and spread the virus, even if you feel well. Remember, wearing a mask is not a substitute for physical distancing.