

North Coast Opportunities  
Mask Awareness Project  
413 N State St  
Ukiah, CA 95482

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PAID  
UKIAH, CA  
EXPRESSIT

**SANITIZE STAY AT HOME SOCIAL DISTANCE WEAR A MASK**

## WHEN SHOULD I WEAR A MASK?

At all times in indoor, public spaces and in outdoor spaces when 6 ft. of distance cannot be maintained between yourself and another person

When safely socializing outdoors with individuals not within your household

## EFFECTIVE MASKS HAVE THESE FEATURES IN COMMON:

Fit snugly over the nose and mouth, under the chin, and against the sides of the face

Is made up of two or more layers of breathable, yet tightly-woven material or is a disposable surgical mask

*Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance*

## MASK HYGIENE:

**Reusable masks:** Wash after each use with warm water and soap.

Hang to dry or use a clothes dryer

**Surgical masks:** Dispose after one use

Clean your hands before putting on your mask

Handle your mask only by the ear loops or ties

Do not touch the face of the mask

## IT'S ALSO IMPORTANT TO:

Wash hands often with soap and water  
Avoid touching your eyes, nose, and mouth  
Stay home if you are sick  
Stay 6-ft away from others

## COVID-19 SYMPTOMS:

**FEVER DRY COUGH  
SHORTNESS OF BREATH  
SUDDEN LOSS OF TASTE OR SMELL**  
Symptoms may appear 2-14 days after exposure

## COVID-19 TESTING

*This testing is available for those currently NOT exhibiting symptoms.  
If you are experiencing any of the symptoms above, please stay home and call your healthcare provider for instructions*

### South Coast:

Dates and times vary.

Call Redwood Coast Medical Services, (707) 884-4005

### Covelo & Laytonville:

Dates and times vary.

Call Round Valley Indian Health Center, (707) 983-6404  
or Long Valley Health Center, (707) 984-6131

### Anderson Valley:

Dates and times vary.

Call Anderson Valley Health Center, (707) 895-3477

### Ukiah/Inland:

Sunday - Thursday from 7 AM - 7 PM at the  
Redwood Empire Fairgrounds,  
1055 N. State Street.

To make an appointment, visit  
<https://lhi.care/covidtesting>  
or call 888 -634-1123

### North Coast:

Times and dates vary.

Please call Mendocino Coast Clinics,  
(707) 964-1251 or email [info@mccinc.org](mailto:info@mccinc.org)