

## Let's Get Businesses OPEN

The Coronavirus spreads when people breathe close to each other. Masks and distance cut the spread.

When there is less spread, businesses can reopen.

The economy depends on every person to do their part.

**NO MASKS = FEWER JOBS**

### DID YOU KNOW?

- The Coronavirus can stay in the air indoors for hours!
- Plain soap and water kills the Coronavirus. Frequent handwashing is better than rubber gloves.
- Face shields add helpful eye protection. They can be worn with masks but can't replace them.
- Cloth masks are excellent, they must be washed daily.
- Touching your face or the front of your mask can expose you to the virus.
- Vaping and smoking make Covid worse (how to quit: [www.lung.org/quit-smoking](http://www.lung.org/quit-smoking))



### STAY UP TO DATE ON COVID 19

Myths and misinformation are everywhere. Here are trustworthy, credible sources for information

- How to protect yourself-what to do if you're sick [www.cdc.gov/coronavirus/2019-ncov/](http://www.cdc.gov/coronavirus/2019-ncov/)
- COVID-19 Fact Checker - Wide ranging useful information by UCSF medical students [www.covid19factcheck.com/en/](http://www.covid19factcheck.com/en/)
- SF Dept of Public Health é COVID [www.sfdph.org/dph/alerts/coronavirus.asp](http://www.sfdph.org/dph/alerts/coronavirus.asp)

### Prostate Cancer Action Network (PCAN)

This brochure was developed by PCAN with input from partnering SF churches

Cornerstone Baptist Church, Jones Memorial United Methodist Church, Neighborhood Baptist Church, Missionary Temple CME, Providence Baptist Church, Third Baptist Church, True Hope Church of God in Christ, St. Andrew Missionary Baptist Church, St. Paul of the Shipwreck Church

And Infectious Disease Experts at UCSF

**SF CAN** San Francisco Cancer Initiative

[WWW.SFCancer.org](http://WWW.SFCancer.org)



# MASKS SAVE LIVES !

and jobs...



## WHAT ACTIVITIES ARE SAFE?

Even with masks, few activities are completely safe. Just because a business is allowed to open does not mean it is safe!

### SAFEST

- Wearing a mask out in public while keeping distance from others.
- Stay home with members of your household.
- Walk or exercise outdoors alone or with household members.
- Eating take-out or delivered food.

### LESS SAFE

- Playing sports "distanced" outside
- Grocery shopping or in retail stores
- Eating outdoors at least 6 feet away from non-household members.
- Even wearing a mask, being out in public can be less safe.

### DANGEROUS

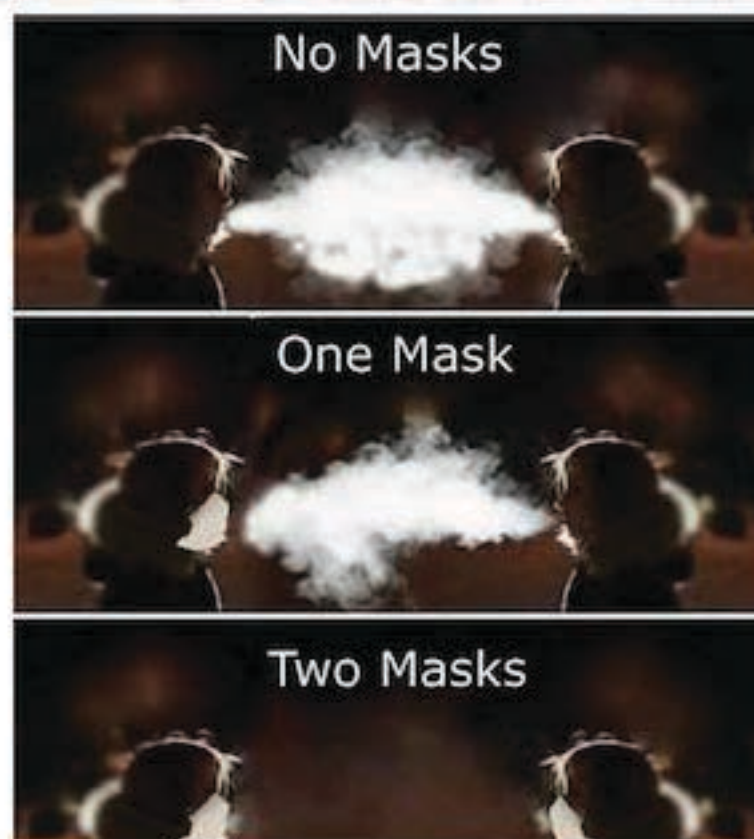
- Being indoors with non-household people (like in churches & theaters)
- Eating or drinking indoors at bars and restaurants.
- Taking a taxi or ride-sharing.

## For Masks To Work Well ...

- Your mask must **COVER NOSE AND MOUTH** because the Coronavirus is particularly attracted to the inside of the nose
- Masks with valves are not recommended. In some places (like San Francisco) they are against the law



## WHAT DIFFERENCE DOES IT MAKE?



**No Mask** - when people talk with no masks on, they are fully exposed to each other's breath and germs!

**One Mask** - one person's mask reduces exposure somewhat.

**Two Masks** - if all people wear masks, and stay at least 6 feet apart, there is almost no exposure at all!

**EVERYONE IS SAFER WITH MASKS**

## Cancer does not stop for COVID

It is vitally important to get all the cancer tests that are appropriate for your age and sex including mammograms, prostate cancer PSA blood tests, and colonoscopies. Your doctor's office or clinic will insure that you are safe from COVID.

## AFRICAN AMERICANS ARE HIT HARDER BY COVID THAN MANY OTHER GROUPS.

- So now, in the year of COVID, it's more important than ever to get a flu shot!
- If it's offered to you, get the COVID test.
- So scientists and doctors can learn how best to protect African Americans from COVID, join a research study if it's offered to you.
- And when a vaccine becomes available, please see your doctor for the shot.

## HOW CAN YOU TELL WHAT'S SAFE?

### DANGEROUS vs. SAFE?

Think About it:

- **Indoors** versus **Outdoors**
- **No masks** versus **Everyone masked**
- **Crowded** versus **People 6 feet apart**