

# CDC recommends universal mask wearing

December 8 2020

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(HealthDay)—Americans should wear masks during all indoor activity outside of their homes and during all outdoor activity when it is not possible to stay at least 6 feet apart, the U.S. Centers for Disease Control

and Prevention says.

The "universal mask wearing" [recommendation](#) issued Friday is the agency's strongest mask guidance so far in the COVID-19 pandemic, *CBS News* reported. "Compelling evidence now supports the benefits of cloth face masks for both source control [to protect others] and, to a lesser extent, protection of the wearer," according to the CDC.

The agency also recommends that people wear [masks](#) in their homes if someone living there has tested positive for the virus or has potentially been exposed, *CBS News* reported.

Mask wearing is the top CDC recommendation to help stop the spread of COVID-19. Other precautions include physical distancing, staying away from nonessential or crowded indoor spaces, delaying travel, and increased testing and contact tracing.

**More information:** [CBS News Article](#)  
[More Information](#)

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