

# Face in the Mirror

This activity should help you understand how wearing a face mask can help keep droplets from your mouth from landing on other people.

## DIRECTIONS

1. Hold a mirror about 12" (1') in front of your face.
2. With no mask on your face, talk to mirror.
3. Observe what happens to the mirror. Does it fog up? Do you see droplets on it?
4. Record what you see in the table.
5. Now put on a mask. Be sure to cover your nose and mouth with it.
6. Talk to the mirror again.
7. Observe what happens to the mirror. Does it fog up? Do you see droplets on it?
8. Record what you see in the table.

	WHAT HAPPENS TO THE MIRROR?
No Mask On	
Mask On	

## QUESTIONS

What differences did you observe on the mirror between when you didn't wear a mask and when you did?

What does this tell you about not wearing a mask versus wearing a mask?

Describe the health implications for yourself and others of wearing a mask.