#### • bit.ly/nootka-rose • @comeforever\_

covidadvocacyny.org
@covidactionmap

INSTAGRAM ACCOUNTS

• @maskblocnyc

• @clean.air.club

@longcovidjustice

A zine by NYC for Abortion Rights & NYC Action Medical

MARCH 2025



### "I DON'T NEED A MASK; I DON'T FEEL SICK."

still spread many viral illnesses while infected, are asymptomatic. People without symptoms can have found that about 40% of COVID-19 cases Several scientific reviews and meta-analyses

### "BUT COVID ISN'T A THING ANYMORE."

is spreading in more states. remain at high levels in the community and HSN1 COVID-19, influenza, RSV, and norovirus cases tor workers, and 4) started to criminalize masking, 3) removed paid sick leave and labor protections funding for testing, vaccines, and treatment, 1) stopped talking about COVID-19, 2) eliminated COVID is not over! While our governments have

people. COVID-19 is a reproductive justice issue. and queer, incarcerated, working-class, and disabled Indigenous, and of-color communities, migrants, These diseases predominantly impact Black,

other in a world that treats our communities as every step we can to protect and care for each means practicing disability justice and taking rearning to live with this pandemic, and the next,

### MASKING TO PROTECT EACH OTHERS' HEALTH

### "I DON'T NEED A MASK; I'M VACCINATED."

not make anyone invincible to disease. risk of severe illness and Long COVID, they do While COVID-19 vaccines reduce many people's

.эчнээнэ эd the most recent booster for the vaccine to truly an ever-mutating virus, requiring everyone to get and transmit COVID-19 to others. SARS-CoV-2 is experience complications, develop Long COVID, Vaccinated people can still acquire COVID-19,

vaccination. language, physical, and work-related barriers to accessibility. Many people experience financial, Vaccine availability also does not equal vaccine

immunocompromised people. e.g. children under 6 months and some immune response after getting vaccinated, vaccinated or will not develop an adequate Finally, masks protect those who cannot get

### "WEARING A MASK HURTS MY EARS."

snother option. head instead of behind the ears! Ear savers are There are masks with loops that go around one's

> If one person is identified, it becomes easier to identify others in their orbit — so your masking helps protect your comrades' privacy too.

### MASKING TO PROTECT FROM DOXXING & SURVEILLANCE

When worn correctly, high-filtration masks reduce the spread of all airborne diseases One may need to try different shapes/sizes to maximize fit for both comfort and efficacy.

Masking can help prevent bad actors (cops, fash,

antis, etc.) from identifying you - or at least

make it harder for them to do so. While it also

takes wearing sunglasses and covered eyebrows

to fully protect from facial recognition software,

masking the lower face does help.

The more layers of protection we use, the more we are able to care for and keep each other, including clinic patients, safe.

Masks are one of many tools we can use to protect each other from communicable diseases, along with vaccines, medications, hand hygiene, disinfecting surfaces, anti-viral rinses and sprays, frequent testing, clean air and water, and transparent risk communication.

# MASKING TO PROTEST MASK BANS

including at protests and on subways.

Several mask ban bills were already introduced

in NY State in 2024, with one passing in Nassau

County. Kathy Hochul and Eric Adams have both

expressed their support for banning masks in NY,

Masks are critical to public health. They help

protect us from contagious diseases, pollution,

wildfire smoke, and more. Banning them puts the

health of all NYers at risk — a health exception

is not enough. In this light, wearing a mask has

become an act of radical care and dissidence against

a state that does not care if we are sick or disabled.

## S.QAH

#### ". **UIIM SAW TI QNA** OF BEING SICK. I'VE HAD COVID BEFORE "I DON'T NEED A MASK. I'M NOT A MASK.

mild or asymptomatic cases. impact anyone, including people with seemingly COVID complications and Long COVID can

1 in 5 people who survive COVID-19. and dysautonomia. Long COVID impacts roughly disorders, respiratory issues, immune dysfunction, migraines, seizures, cognition and memory strokes, blood clots, chronic pain and fatigue, pulmonary outcomes, including heart attacks, neurological, vascular, immune, cardiac, and have been found to increase risk of long-term complications and Long COVID. Even mild cases Every intection makes you more vulnerable to

#### "I DON'T HAVE PRE-EXISTING CONDITIONS."

outcomes, regardless of age or health status. people are vulnerable to adverse COVID-19 COVID complications, and Long COVID, all are at a higher risk of having a severe infection, sud immunocompromised community members While it is true that disabled, chronically ill,

including COVID-19, RSV, and the flu.

disposable. We keep us safe!

# "BUT CLINIC DEFENSE IS OUTDOORS."

WHERE TO BUY MASKS

• Bona Fide Masks | bonafidemasks.com

• 3M (found at Home Depot and Lowes)

• Vogmask (washable KN95, ~80% HFE)

• Planet Halo | planethalohealth.com

• DemeTech | shop.demetech.us

• WellBefore | wellbefore.com

• BreatheTeg | breatheteq.com

REUSABLE/ELASTOMERIC HF MASKS

• Envo Mask | envomask.com

COVID RESOURCES

WEBSITES

peoplescdc.org

• biobot.io/data

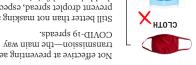
• Flo Mask | flomask.com

DISPOSABLE HF MASKS

• Blox | bloxdirect.com

without worrying about acquiring disease. receiving abortions, deserve to access healthcare defenses. All patients, including patients settings, like direct actions and community transmission is still possible in crowded outdoor disease transmission, this risk is nonzero and While being outdoors greatly reduces risk of

### **LYPES OF MASKS**



SURGICAL

prevent droplet spread, especially if Still better than not masking and do COVID-19 spreads.

Swap for a high-filtration mask if doubled up and fit is improved

Not effective at preventing aerosol



<sup>6</sup> 9Idblibvi

HIGH-FILTRATION (HF) MASKS ΜΕ ΚΕΟΛΙΚΕ ΑΝD ΚΕCOWWEND