

## YOUR NOSE IS A COVID SUPERHIGHWAY

The primary attack of the coronavirus is in the nose, in the nasal epithelium, which is the skin-like layer of cells in charge of expressing odors. It seems like the virus assaults the support cells and stem cells in the nose. These cells are more vulnerable to the coronavirus than cells in the throat or lungs. People emit more of the COVID-19 virus when breathing through their noses than through their mouths.

## Keep your mask over both your mouth and nose.