

Cloth Face Coverings

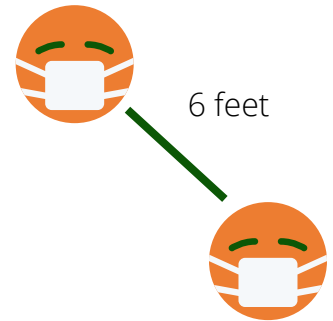
SCPH recommends that most people wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they do not have any symptoms. **Cloth face coverings are NOT a substitute for Social Distancing.**

Public Health



What is a Cloth Face Covering?

- Cloth face coverings can be fashioned from household items or made at home from common materials at a low cost
- The cloth face coverings recommended are NOT surgical masks or N-95 respirators-these are critical supplies that must be reserved for healthcare workers and first responders



Who Should Not Wear a Cloth Face Covering?

- Children under age 2
- Anyone who has trouble breathing
- Anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance



How to Wear Cloth Face Coverings

Cloth Face Coverings should:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



Putting On/Taking Off a Cloth Face Covering

- **Clean hands with soap and water or alcohol-based hand sanitizer immediately before AND after**
 - putting on your cloth face covering
 - touching or adjusting your cloth face covering
 - removing your cloth face covering
- Take care to not touch your eyes, nose, and mouth when putting on and removing your cloth face covering



Caring for Your Cloth Face Covering

- Cloth face coverings should be washed routinely depending on the frequency of use
- A washing machine should suffice in properly washing a cloth face covering
 - wash with detergent and hot water and dry on a high heat cycle

