Face Coverings

Face coverings are not considered personal protective equipment, but you should be aware of how to use them properly and their limitations. If someone sick is around you, without a face covering, it will not stop you from getting sick. For this reason, they only work to reduce the spread of COVID-19 if everyone wears them.

Wearing a face covering will protect people or objects from your droplet spread.

It will also inhibit you from touching your nose or your mouth which:

1. Protects you from touching contaminated objects and potentially getting live virus into your nose or your mouth or your eyes.
2. Protects others, by keeping you from touching your nose or mouth and getting the virus you may have and placing it on objects or people.

Use a face covering that has at least two layers of 100% cotton. Preferably, it will have a filtered insert, such as a coffee filter or shop cloth. It should be fitted enough not to have large gaps, but not so tight it restricts your breathing.

You should wear one every time you leave your house. You may also want to wear one inside your home, if you live with someone over 65 years old, or someone who has physical conditions, like asthma, that makes them more susceptible to getting severely ill from SARs-CoV-2(COVID-19). You may also be required to wear one during the course of your work.

If you wear it outside the home, you should assume it has been contaminated and therefore, it should be laundered. If you have not touched it, and have taken it off carefully using the strap, after washing your hands and you let it sit for 72 hours, you could also assume that it is safe to wear again. Use good judgement.

Laundering Options:

* Wash them by hand with hot water and soap. Air dry or put in the dryer.
* You may also saturate them with 60% alcohol and let air dry or,
* Rinse with 3% Hydrogen Peroxide and air dry.
* You may also wash them in the washing machine and put them in the dryer.