COVID-19: *What you need to know about masks*

Masks or face coverings should be worn in indoor public spaces and anytime in public when you are near others who are not in your immediate household. Wearing a mask is about protecting others. When you wear a mask, you protect others, and when others wear a mask they protect you. **Wearing a face mask or covering is not a substitute for keeping a social distance of six feet from anyone not in your household.**

Cloth masks, cloth face coverings, homemade masks and disposable masks are acceptable. N95 masks are for healthcare workers only.

When to wear a mask?

- While in public, you should use a mask, scarf or other face covering. This includes indoor spaces and outdoor spaces when you are near others who are not in your immediate household.
- Those with breathing challenges or those under the age of two should not wear a mask.

Why wear a mask/face covering?

- To protect others: When you wear a mask you protect others by preventing the spread of your own germs.
- Unknown COVID-19 status: You may have COVID-19 or have been exposed to the virus without showing symptoms.
- Protect the community: More people wearing masks results in better protection for everyone.

How to wear a mask/face covering?

- Should fit snugly but comfortably against the side of the face.
- Should be secured with ties or ear loops.
- Should cover both your nose and mouth.
- Avoid touching/adjusting your mask.
- Should include multiple layers of fabric.
- Should allow for breathing without restriction
- Cloth masks or face coverings should be washed and dried after each use. When your cloth mask is not in use, fold it with the side that goes toward your mouth folded to the inside. Store the mask/ face covering in a resealable bag or other clean storage container.
- Disposable masks are acceptable but should be thrown away after one use.

How to put on/take off a mask?

- Wash your hands before putting on or taking off your mask.
- Completely remove your mask while eating.

The general public should not use gloves.

- Gloves are not recommended for the general public (If you had to wear gloves before because of your job then you should continue doing so.)
- Gloves can cause more harm than good and can give you a false sense of security
- Gloves are an additional layer the virus can stick to, and you run the risk of cross contamination
- Washing your hands for at least 20 seconds with soap and water provides better protection than gloves.

Resources

https://www.youtube.com/watch?v=tPx1yqvJgf4
https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

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