

Cloth Face Covering Recommendation from the CDC

As of April 3rd, the CDC has recommended wearing cloth face coverings in public settings where social distancing is difficult to maintain (grocery store, pharmacy, etc).

Please follow these links for more information from the CDC:

[Recommendation Regarding the Use of Cloth Face Coverings | CDC](#)

[Use Cloth Face Coverings to Help Slow Spread | CDC](#)

Do's and Don'ts of Wearing Cloth Face Coverings:

Do:

- **Do** continue to be diligent with washing your hands, social distancing, disinfecting surfaces, and staying home when sick.
- **Do** put your face covering on with clean hands. Ensure it covers both your nose and mouth.
- **Do** remove your face covering using the straps or ear loops while *avoiding* touching the portion of the face covering that goes over your face.
- **Do** consider the germs on your face covering after use. Immediately wash or safely store your face covering in a dedicated container until you can wash it. Wash with hot water.
 - Storage containers should be disposed of or cleaned regularly.

Do Not:

- *Do not* utilize a face covering as a substitute for other mitigation practices.
- *Avoid* touching the portion of the face covering that goes over your face once it is on. If a readjustment is necessary, touch the straps only and wash/sanitize hands immediately following.
- *Do not* store your face covering in your handbag, purse, etc.



Do's and Don'ts of Proper Hand Hygiene:

- **Do** wash your hands often for at least 20 seconds with warm water. Click below for a helpful video on how to properly wash your hands. [Washing your hands: The purple paint demonstration](#)
 - Wash hands before and after going out in public, after unloading items obtained while out in public, after blowing your nose, coughing, or sneezing, and before and after eating.
 - Use hand sanitizer with at least 60% alcohol if hand washing is not available.
- **Do** touch as few items as possible when out in public.
- If you are choosing to wear **gloves** when out in public, remember: gloves carry and transfer germs as our hands would.
 - **Do** wash/sanitize your hands before and after wearing gloves.
 - **Do** educate yourself on how to safely remove gloves. Click here for a video: [Glove Removal Safety](#)
 - *Do not* touch your face or personal belongings (phone, wallet) while wearing gloves to avoid germ transfer.
 - *Do not* reuse your gloves. Throw away immediately after use. Do not store for later use in your handbag/pocket/etc.