

Wearing a Face Covering in Public Settings



Warning:

Children under the age of two years, people with respiratory difficulties or who are handicapped or need help to remove their face coverings should not wear them.

When?

- When physical distancing in public settings is not possible, such as when you are shopping or taking public transportation. **If you are sick, stay home.** If you need to go to a medical clinic or hospital, you may wear your face covering until you are given a procedure mask.

Why?

- Not everyone that has COVID-19 has symptoms. Some people do not even realize that they are infected. Wearing a face covering may reduce the risk of an infected person unknowingly transmitting COVID-19 to others. Wearing a face covering in public settings must be accompanied by other protective measures, which include proper hygienic practices and physical distancing. Your face covering must be properly used only by you, and regularly washed.

How to use your face covering



1 With one hand, place the face covering over your nose and mouth. Use your other hand to attach it behind your ears with the elastic or string loops.



→ Wash your hands **BEFORE** and **AFTER** use of the covering.



2 Adjust the face covering to your nose.



→ Change your face covering if it becomes moist, soiled or damaged



3 Now adjust it under your chin



→ Do not leave the face covering hanging from your neck or an ear. Keep it on your face and avoid touching it. If you do touch your covering while wearing it, wash your hands thoroughly as soon as possible.



→ Remove your face covering by the elastic or string loops without touching the front.

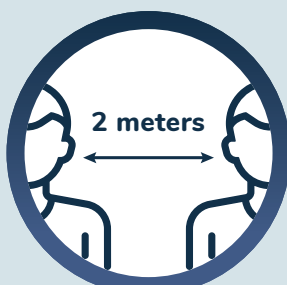


→ Fold the outer parts of the face covering together and place it in a clean bag. You may wash the covering as soon as you get home, along with the rest of the laundry.

Face covering does not replace the following



Hand washing



Physical distancing



Isolation at home if you are sick

COVID-19—How to make your face covering



- You can easily make a face covering with materials found in your home. If possible, use a tightly woven fabric like cotton that lets air pass through as you breathe. Use at least two thicknesses of cloth and make sure that your face covering is both comfortable and fits well on your face. You should be able to launder and machine dry the face covering with no damage or warping. There are numerous types of cloth face coverings.

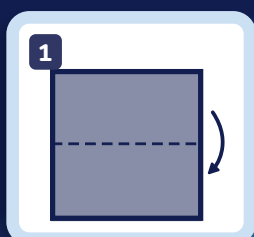
Here are two easy-to-make models.

No sew model

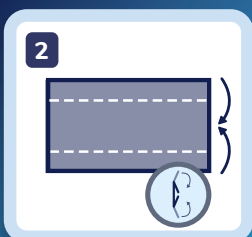
Materials

- Bandana or square of cotton cloth approximately 50 x 50 cm
- Rubber bands or hair ties
- Scissors, if needed

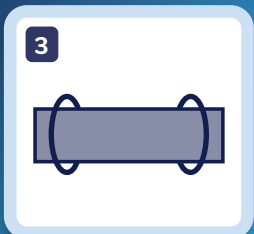
Steps



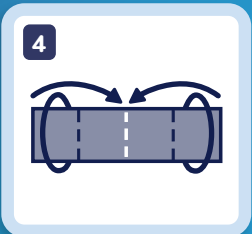
Fold the bandana in half.



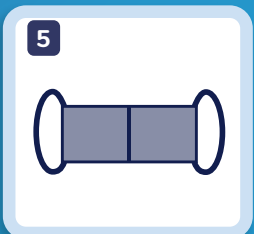
Fold the top downward and the bottom upward.



Place the rubber bands or hair ties about 15 cm apart.



Fold each end toward the middle and tuck.



Lift the face covering, keeping both parts in the middle, then hold it in place with one hand and lift it to your face.



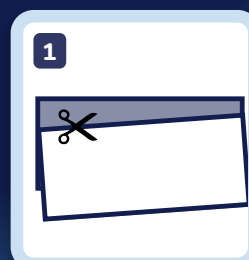
With the other hand, hang the elastics on your ears and adjust the face covering to your face.

Sewn model

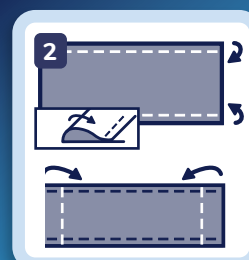
Materials

- Two 25 x 15 cm rectangles of cotton cloth
- Two 15 cm elastics or pieces of string
- Needle and bobby pin
- Thread
- Scissors

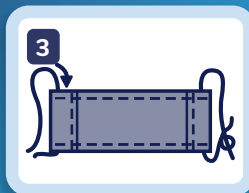
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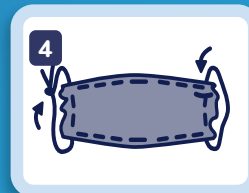
Cut two 25 x 15 cm rectangles of your cloth. Place one over the other and sew them together.



Fold a 0.5 cm width on the long side and sew a hem. Now, sew a 1 cm hem along each of the short sides.



Thread the 15 cm x 0.3 cm elastic through the hems on each side of the face covering. These will be the ear loops. Use a big needle or bobby pin for this and tie the ends of each loop tightly. If you don't have elastics, use string to make the ties longer and attach them behind your head.



Gently pull on the elastic so that the knots are tucked into the hems. Gather the sides onto the elastic or string and adjust the face covering to your face. Now stitch the elastic or string in place to keep it from slipping.

Inspired by the material developed by the: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. *Use of Cloth Face Coverings to Help Slow the Spread of COVID-19* available for free at the following address: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>