

COVID-19 Guidelines: Face Coverings and Masks

Face coverings are NOT a replacement for social distancing or staying at home. The best way to protect yourself and others is by staying at home.

What You Need to Know

Follow your local stay-at-home order and stay at home.

Face coverings can be used in public when other distancing measures are difficult to follow, like grocery stores and pharmacies.

Wash your hands with soap and water frequently for at least 20 seconds and cover your cough.

If you go outside, always maintain 6 feet of distance from everyone.

N95 and surgical masks are in short supply. These masks need to be reserved for healthcare workers and first responders.

There is no evidence that shows wearing a face covering will prevent you from getting COVID-19. Stay at home.

Face Coverings and Face Masks

Cloth Face Coverings are different from Face Masks. Cloth Face Coverings can be homemade from fabric, t-shirts, even bandanas. They should be laundered frequently and discarded when misshapen or damaged.

Face Coverings are recommended to prevent people from spreading the virus. There is no evidence that shows wearing a face covering will prevent you from getting COVID-19.

To learn more about Cloth Face Coverings and get step by step instructions on how to make them at home, visit:

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html