

# FACE COVERINGS

## HELP SLOW THE SPREAD OF COVID-19

COVID-19 can spread by breathing in droplets of the virus from infected people and even those who don't show symptoms. The Centers for Disease Control recommends you wear a cloth **face covering** to help prevent respiratory droplets from traveling into the air and onto other people. However, the protective effects—how well the face covering protects you from breathing in the virus—are unknown.

The recommendation is based on the role respiratory droplets play in the spread of the virus and emerging evidence from clinical and lab studies that show cloth face coverings reduce the spray of droplets when worn over the nose and mouth.

Now, you may be wondering, **should I wear a face covering?**



### General Public

All people two years of age and older should wear a cloth face covering in public settings and around people outside of their household. This is especially important when social distancing measures (at least 6 feet apart from others) are difficult to maintain.



### People Who Know or Think They Have COVID-19

If you're sick with or think you might have COVID-19, avoid public places and stay home except to get medical care. As much as possible, stay in a specific room and away from other people and pets. If you need to be around other people or animals, wear a cloth face covering (even at home).



### Caregivers of People with COVID-19

If you're at home caring for someone with COVID-19, you may also want to wear a face covering. You should also continue to practice everyday preventive habits: avoid close contact, clean hands often; avoid touching your face with unwashed hands; and frequently clean and disinfect surfaces.



**Tip:** When choosing a mask, experts say focus on the fabric, fit and breathability. How well a mask protects is a function of both what it's made of and how well it seals to your face. Researchers say a tight-weave 100% cotton is a good bet.

Sources: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>. Accessed 9 July 2020.  
<https://www.npr.org/sections/goatsandsoda/2020/07/01/880621610/a-users-guide-to-masks-what-s-best-at-protecting-others-and-yourself>. Accessed 9 July 2020.