

SUNDAY MORNING HEALTH CORNER

Slow the spread of **Coronavirus** with **Cloth Face Coverings**

The CDC advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on **young children under age 2**, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are **not surgical masks or N-95 respirators**. Those are critical supplies that must **continue to be reserved for healthcare workers and other medical first responders**, as recommended by current CDC guidance.

How to Wear Cloth Face Coverings

Cloth face coverings should -

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape



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