MARINE GUIDANCE FOR CLOTH FACE COVERS 4/14/20

The CDC recommends wearing cloth face covers in public to protect other people in case you are infected.

It is important to understand that a cloth face cover is not meant for your personal protection from the virus. The best way to protect yourself from the COVID-19 virus is still practicing social distancing, cleaning your hands often and not touching your face.

Cloth face covers must be worn and cared for correctly or they could increase your risk.
- o Covers can be hot and restrict breathing. This leads to touching the cover and face near the eyes.
  - ▪ The surface of the cover is a potential exposure source and the virus can easily enter through the eyes.

Wearing a cloth face cover while at work is optional and a personal choice. If you choose to wear a cover, please follow these guidelines:
- Cloth Face Covers Should:
  - o Be constructed of multiple layers of cotton fabrics, bandanas are one example.
  - o Fit snugly but comfortably against the side of the face.
  - o Be secured with ties or ear loops.
  - o Allow for breathing without restriction.
  - o Be machine washable and dryer safe.
- Wearing a Cloth Face Cover:
  - o Sanitize or wash your hands before putting the cover on your face.
  - o Do not touch the cover or your face while wearing.
- Removing a Cloth Face Cover:
  - o Remove the cover from behind to avoid touching the surface of the cover and your eyes, nose or mouth.
  - o Do not lay the cover on any surface, instead place it a plastic bag.
  - o Sanitize or wash your hands immediately and do not touch the cover again until it is clean.
- Proper Cleaning of Cloth Face Covers:
  - o Machine wash and dry at a high temperature. If available use a sanitizer such as bleach or Lysol.
  - o Sanitize or wash your hands immediately after handling the cover.

For instructions on how to make a proper cloth face cover visit:
https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html