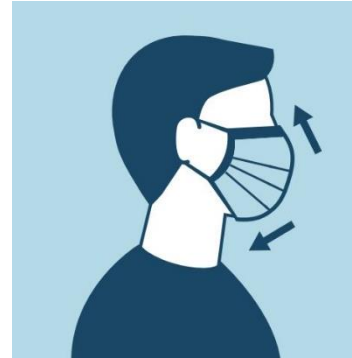


# USE OF CLOTH FACE COVERINGS OR MASKS TO PREVENT OR SLOW THE SPREAD OF COVID-19

Researchers continue to study how COVID-19 spreads. Recent studies have found that a lot of people with coronavirus or COVID-19 do not show symptoms but can still spread the disease to people who are physically close to them (less than 6 feet) when they speak, cough or sneeze. With this new evidence, it is recommended that people wear cloth face coverings/masks in places or situations where social distancing measures are difficult to maintain. This is to protect the people around you if you are infected but do not show symptoms.



Cloth face coverings/masks 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

Instructions:

- Do not place cloth face coverings/masks on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.
- Wash cloth face coverings/masks routinely, depending on frequency of use. A washing machine should suffice in properly washing a cloth face covering/mask.
- Before putting on cloth face covering/mask, wash your hands properly with soap and water, or hand sanitizer (70% alcohol). Cover mouth and nose with cloth face covering/mask and make sure there are no gaps between your face and mask.
- Avoid touching the cloth face covering/mask while using it, and if you do, wash your hands properly with soap and water or hand sanitizer (70% alcohol).
- Be careful not to touch your eyes, nose, and mouth when removing your cloth face covering/mask and wash your hands immediately after removing.

**Cloth face coverings/masks are not a substitute for social distancing. It is still very important to maintain social distancing (6-feet from another person) to slow the spread of the virus.**

Visit CDC website <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html> for more information on the use of cloth face coverings/masks. Ministry of Health will publish recommendations as new evidence regarding appropriate public health measures continue to develop.

For questions on COVID-19, call the MOH Hotline at 488-0555. If you have symptoms of COVID-19, call the BNH ER 488-2558 for instructions before you go to the Hospital. For emergencies, call 911.

