



# Weekly Safety Message

## Face Masks to Prevent the Spread of COVID-19

The U.S. Centers for Disease Control and Prevention (CDC) recommends the use of do-it-yourself or store-bought face masks in public settings to prevent the spread of COVID-19. Wearing face masks in public is strictly voluntary and not required.

Items to consider for face coverings:

- Fit snugly and seal around all areas of the face as much as possible
  - Completely Cover Nose and Mouth
- Be secured via bands both over and under the ears
- Include multiple layers (can be folded) of material or fabric
- Can be laundered and dried (if not disposable) without damage or changing shape – it is important to clean after each use in a washing machine
- Do not touch eyes, nose, or mouth when removing and wash hands immediately after removing or handling the mask
- Does not restrict breathing
- Face coverings are not a substitute for social distancing

Materials that can be used for a do-it-yourself mask (with elastic or rubber bands for straps) include:

- Cotton cloth
- HEPA filter vacuum cleaner bags
- Coffee filters (wrapped inside a bandana)
- Paper towels (wrapped inside cloth)



Guidance from the CDC on how to make your own mask can be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>

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