



COVID-19 & GUIDELINES ON MASKS FOR THE GENERAL PUBLIC

With new information coming out about the novel coronavirus, the Centers for Disease Control and Prevention (CDC) has recommended new guidelines on the use of masks. There have been recent studies that show there is a significant portion of individuals who have COVID-19 but lack symptoms (asymptomatic) and those who eventually develop symptoms (pre-symptomatic) can transmit the virus to others before showing symptoms or without even knowing it. This means that those who are asymptomatic or pre-symptomatic can be spreading the virus by interacting with others in close proximity, for example speaking, coughing, or sneezing and not be aware they are spreading the virus.

With this new information, the CDC recommends wearing cloth face coverings in public settings where social distancing may be harder to maintain (e.g. grocery stores and pharmacies). Please remember that you do not need to wear a medical-grade mask while out in public, those should be reserved for healthcare workers. Some other materials for DIY masks that cover your mouth and nose are silk, cotton, unused vacuum cleaner filters, hydro knit shop towels, and nylon.

It's important that face coverings fit snugly but comfortably against the side of the face, include multiple layers of fabric, and allow for breathing without restriction. The CDC recommends washing the cloth face covering regularly in a washing machine. When removing the face covering, it is important to be careful not to touch your eyes, nose, and mouth and wash hands immediately after removing. While it is important to wear a mask while you are out in public, please remember this is not a replacement for active social distancing measures. It is essential to still maintain at least 6-feet of distance between yourself and others, not hold gatherings with family and friends, or going out in public unnecessarily to slow the spread of COVID-19.

The U.S. Surgeon General, Dr. Jerome Adams, shares an [easy DIY](#) face covering out of common household items, like a scarf or bandana. For other DIYs, please check out the [CDC's website](#) for more options.