

Needham Public Health Division



Public Health Information for those who choose to use cloth face coverings when they leave their homes.

Our best community and individual defense against COVID-19 is washing our hands frequently, avoiding touching our eyes, nose, and mouth, avoiding being around sick people and practicing physical distancing, especially by staying at home. Face coverings are not a replacement for these other evidence-based measures; they are an additional tool that may be used to protect us from exposure to COVID-19 when used properly. Cloth face coverings are not required to be worn by the general public and are not a substitute for existing guidance about social (physical) distancing and frequent handwashing.

Cloth face coverings are not intended for use in healthcare or other occupational settings.

You should NOT use a facemask such as a surgical mask or N95 mask meant for a healthcare worker.

What is a cloth face covering?

A cloth face covering is a material that covers the nose and mouth. It can be secured to the head with ties or straps or simply wrapped around the lower face. It can be made of a variety of materials, such as cotton, silk, or linen. A cloth face covering may be factory-made or sewn by hand or can be improvised from household items such as scarfs, T-shirts, sweatshirts, or towels.

Wearing a face covering while out in public can protect others from the spread of COVID-19



(WE STILL MUST WASH OUR HANDS FREQUENTLY AND KEEP OUR DISTANCE FROM OTHERS)



Our frontline heroes need all the N95 and medical grade masks available.

www.needhamma.gov/coronavirus



Here are some videos of non-sew options for a face covering.

<https://youtu.be/1r2C1zGUHbU>

<https://youtu.be/xCHAA7ENmbA>

Why wear a face cover?

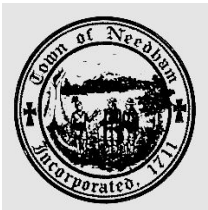
Recent information has indicated that covering your nose and mouth can slow the spread of COVID-19 because:

- Individuals can be contagious before the onset of symptoms. You may be contagious and do not know it. If you have covered your nose and mouth, you can limit the spread of COVID-19.

- We touch our face less when our face is covered. Touching your face after touching something contaminated with COVID-19 increases your chances of getting sick with COVID-19.

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Q: How well do cloth face coverings work to prevent the spread of COVID-19?

There is limited evidence to suggest that the use of cloth face coverings by the public during a pandemic can help reduce disease transmission. The primary role of cloth face coverings is to reduce the release of infectious particles when someone speaks, coughs, or sneezes, including by someone who has COVID-19 but does not show symptoms.

Q: Why might I cover my face now, when a face covering was not recommended before?

The face covering was not previously recommended for the general public for protection from getting COVID-19. Individuals may be contagious and spread COVID-19 without their knowledge, even if they do not have symptoms. A face cover may protect others from infection. Wearing a face cover may help prevent the spread of droplets that might be infectious.

Q: When should I wear a cloth face covering?

You may choose to wear a cloth face covering over your nose and mouth when you must be in public for essential activities, such as shopping at the grocery store. Wearing a cloth face covering does not eliminate the need to physically distance yourself from others and to wash your hands frequently.

Q: Who should NOT wear a cloth face covering?

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 mask without assistance.

Q: What are my face covering options?

Acceptable, reusable face covering options for the general public include:

- Bandana
- Neck gaiter
- Homemade face covering
- Scarf
- Tightly woven fabric, such as cotton t-shirts and some types of towels

Q: Is a face cover required?

No. Wearing a face cover is not required when in public. However, it is an additional tool that individuals can use to help slow the spread of COVID-19. It does not replace other social distancing requirements.

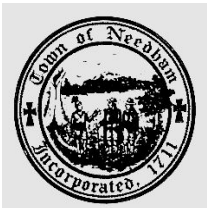
Q: How should I care for a cloth face covering?

It's a good idea to wash your cloth face covering frequently, ideally after each use, or at least daily. Have a bag or bin to store cloth face coverings until they can be laundered with detergent and hot water and dried on a hot cycle. If you must re-wear your cloth face covering before washing, wash your hands immediately after putting it back on and avoid touching your face. Discard cloth face coverings that:

- No longer cover the nose and mouth
- Have stretched out or damaged ties or straps
- Cannot stay on the face

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- Have holes or tears in the fabric



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