

## Health Considerations for Cloth Face Coverings:

- Wearing cloth face coverings, when combined with everyday preventive actions and social distancing, help slow the spread of COVID- 19
- Cloth face coverings (or clear face coverings, as described below) are required to be worn by all faculty and staff, students and visitors except for children under the age of 2, anyone who has trouble breathing or is unable to medically wear a cloth face covering
- Should be made of multiple layers of tightly woven cotton
  - CDC's instructions on how to make a cloth face covering: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>.
- All face coverings, whether cloth or other material, should fit snugly against the sides of your face and should not have significant open areas allowing air to escape
- No logos and distracting patterns (ie: skull and bones) are allowed
- No bandanas are allowed
- No mesh masks are allowed
- No neck gaiters are allowed
- No face coverings with exhalation valves are allowed
- Individualized patterns are good, they help to identify ownership
- Disposable surgical masks are permitted
- Please label your child's mask with their initials
- If a face shield is desired, a cloth face covering is still required
- Many teachers prefer using a clear face covering. Students are welcomed to use these as well: <https://www.theclearmask.com/product>
- Wear your Face Covering Correctly:
  - Wash your hands before putting on your face covering
  - Put it over your **nose and mouth** and secure it under your chin
  - Try to fit it snugly against the sides of your face (should not have significant open areas for escape of air)
  - Make sure you can breathe easily
- Take off your face covering correctly:
  - Untie the strings behind your head or stretch the ear loops
  - Handle only by the ear loops or ties
  - Fold outside corners together
  - Place covering in the washing machine
    - learn more about how to wash cloth face coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>
  - Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing
- Students and teachers will be encouraged to take mask breaks, as needed, when appropriate physical distancing is achieved