



Change in Directives with Regard to Wearing a Non-Medical Mask

- 1. If you wish to wear a fabric mask when you do your essential errands (groceries, feeding your dog-team, etc.), it is important to follow these steps:
 - a. Choose a fabric that is not porous (lots of little holes) and don't layer fabrics
 - b. Make sure it is well adjusted and pressed firmly against your face
 - c. Avoid touching your mask when wearing it
 - d. Avoid touching and rubbing your eyes
 - e. As soon as the mask becomes humid or dirty change it
 - f. Wash your hands before and after putting the mask on
 - g. Do not share your mask
 - h. Throw away or wash with soap and hot water (if reusable) after each use or when dirty
 - i. Continue to practice social-distancing
 - j. Kids two years old and under should not wear masks
- 2. The chances of a fabric mask protecting a person is low, however, it could slow down the transmission of the virus in a community.
 - a. Wearing a fabric mask does not mean you should stop practicing other safety measures:
 - b. Stay home as much as possible
 - c. Do not socialize with anyone that is not living with you
 - d. Wash your hands frequently for at least 20 seconds
- 3. People that are sick and their close contacts need to self-isolate
- 4. Fabric masks are not as effective as medical masks. Fabric masks should not replace medical masks if medical masks are required.
- 5. Medical masks are to be used in a medical context only.
- 6. Learn how to make your fabric masks with this link: <u>https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html</u>

