**COVID-19 PREVENTATIVE MEASURES**

**HOW TO USE CLOTH FACE COVERINGS**

Face coverings can be an effective means of slowing the spread of the infectious agent for many respiratory illnesses and may help slow the spread of COVID-19. Wearing a face covering does NOT provide complete protection and does not replace other ways of slowing virus spread such as:

- Staying away from public places & group gatherings
- Practicing physical distancing
- Washing hands and using hand sanitizer often
- Avoiding touching eyes, nose and mouth

**HOW SHOULD FACE COVERINGS BE WORN?**

- Cloth face coverings should be uncomfortable to wear. A proper fit is tight over the nose, mouth and chin.
  - Shaving is not necessary for cloth face coverings or surgical masks.
- Cloth face coverings can help reduce disease transmission but wearing one does not provide absolute protection.
- According to CDC, wear cloth face coverings whenever interacting with the public or when caring for someone who is sick or may be infected.
- It is not necessary to wear a face covering while at home or outside for exercise.

**HOW DO CLOTH FACE COVERINGS WORK?**

- Proper use may restrict the spread of virus from an infected person, specifically when someone doesn’t know they have the virus.
- Cloth face coverings are tested for their ability to trap viruses in respiratory droplets moving at high velocity, such as in a cough or sneeze.

**HOW SHOULD FACE COVERINGS BE HANDLED?**

- Cloth face coverings should be handled assuming they are contaminated with the virus causing COVID-19.
- Cloth face coverings should be removed without touching the inside. They should be immediately placed with dirty laundry, or stored in a plastic bag until they can be properly cleaned.
- Wash your hands after handling a used face covering or use hand sanitizer if hand washing is not an option. If possible, wash your face after removing a face covering.
- Cloth face coverings should be washed in hot water after each use. Follow CDC guidelines at go.ncsu.edu/cdclaundry.

**Stay informed:**

[go.ncsu.edu/covid-19](http://go.ncsu.edu/covid-19)

Created April 9, 2020
Reviewed April 22, 2021