

## What are the updated Centers for Disease Control and Prevention (CDC) recommendations regarding face coverings?

On April 3<sup>rd</sup>, 2020, the CDC announced that all individuals should wear cloth face coverings in areas where social distancing cannot be effectively maintained. See recommendation here: [CDC recommendation cloth face covering](#)

## Why have the CDC recommendations changed?

Recent studies have shown that **people who do not have symptoms from COVID-19 can also spread the virus by coughing, sneezing, and possibly speaking etc.** These could be people who have the virus but do not have symptoms or people that have the virus and are not showing symptoms yet.

## Where should I wear the cloth face covering?

The CDC currently recommends that cloth face coverings should be worn in settings where social distancing maybe difficult to maintain. These settings can include grocery stores, pharmacies etc.

## What type of face covering do I need to be wearing?

**The CDC currently recommends wearing cloth face coverings.** These can be made from household items, for example. You can find instructions on how to make a home-made face covering here: [Cloth face covering instructions](#) or a quick video here: [Cloth face covering video](#)

## Should I buy N-95 or Surgical masks instead?

The recommendation currently is to only use cloth face covering. **N-95 masks and surgical masks are crucial for health care professionals and should be reserved for their use.**

**While cloth face coverings can help stop the spread of the virus, they do not replace the other public health measures that have previously been recommended by the CDC. Let's revisit these recommendations!**

- **Stay home when you are sick. Avoid close contact with those that are sick.**
- **Continue to follow guidelines on social distancing.** Make sure you are maintaining at least 6 feet distance from the next person when you are in public.
- **Try to plan your shopping during off peak hours and consider using stores that provide pickup and delivery.** Pre-plan your trips to the stores and only make essential visits. **Wipe down grocery carts and wash your hands** before and after shopping.
- **Use a tissue to touch common surfaces** such as doorknobs, elevator buttons, gas pumps. **Clean and disinfect frequently** touched objects and surfaces (e.g. countertops, TV remote, cellphones, wallets, purses) using a chlorine-based a household cleaning spray or wipe.
- **Clean hands frequently** with an alcohol-based hand sanitizer. **Cough or sneeze in your elbow or a tissue**, then throw the tissue in the trash. **Avoid touching your eyes, nose, and mouth.** **Wash your hands** with soap and warm water for 20 seconds making sure to scrub between the fingers and thumbs.
- **Take off your shoes before entering the house and clothes** worn outside when you come home. **Disinfect items you bring back home.** Clothing should be placed directly inside the laundry basket or in the wash and **washed with warm water.**
- If you find yourself having to go out often for work or essential activities, **pay close attention to any changes in your health and monitor yourself for any symptoms.**

Source: [www.cdc.gov](http://www.cdc.gov)

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