According to the Centers for Disease Control and Prevention (CDC) individuals can spread the COVID-19 virus up to 3 days before symptoms appear. New guidelines have been created that recommend everyone wears a minimum of a cloth cover or mask that should cover your face and nose when out in public. These covers and masks do not stop individuals from obtaining the virus but may act in a way to stop individuals from spreading the virus, thus flattening the curve.

Facial Cover and Mask Guidelines

- You could spread COVID-19 to others even if you do not feel sick.

- Everyone should wear a cloth face cover or mask when they have to go out in public, for example to the grocery store , pharmacy or work.
    - Cloth face coverings and masks 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.

- The cloth face cover or mask is meant to protect other people in case you are infected.

- Do NOT use a face mask meant for a healthcare worker.

- Continue to keep about 6 feet between yourself and others. The cloth face cover or mask is not a substitute for social distancing.

Use of Fabric or Cloth Masks

Homemade face covers and masks made out of fabric and cloth are not considered personal protective equipment (PPE). However, homemade face covers and masks may be an effective complement to handwashing, social-distancing and other mitigation measures. Homemade face covers and masks limit the spread of infectious droplets in the air by containing coughs and sneezes. When a homemade mask cannot be acquired a scarf or bandana may be utilized as a face cover. By implementing community-wide use of homemade fabric or cloth masks, everyone will have a higher degree of protection from the COVID-19 virus.

Additional Information From John Hopkins University Coronavirus Research Center

How do masks and respirators protect people from viruses?

N95 respirators are made of special material that removes at least 95% of even the small droplets. They're also manufactured to fit with a tight seal around the nose and mouth so air and viral particles can't get around the side of the respirator.

Surgical masks are also made of special material, but they don't provide a seal around the nose and mouth, meaning that smaller droplets may still be inhaled. Surgical masks are good in protecting the nose and mouth from larger droplets from coughs or sneezes, and for preventing infected people from spreading droplets.

Homemade cloth masks may remove some large droplets but will not remove small ones. They cannot provide a seal around the nose and mouth, and their effectiveness is unlikely to be improved by face shields. If surgical masks are not available, cloth masks worn by infected people may reduce the spread of large droplets.

Below are instructions on how to make a mask at home.

Materials needed:
- Fabric (100% cotton is most effective)
- Fabric Ties
- Scissors
- Sewing machine or a needle and thread

Instructions:
- Measure and cut two pieces of fabric in a rectangle pattern to fit snugly around the face (size 12 inches by 6 inches is standard for adults)
- Tightly sew both layers together on all edges
- Cut fabric ties to fit around the ears
- Sew the ties to the insides of the mask on the smaller edge, repeat on both sides
- Resew the sides to ensure a tight seal between both pieces of fabric and the earpiece

Tutorials/Resources
https://www.nytimes.com/article/how-to-make-face-mask-coronavirus.html

Directions for Mask Making
https://www.youtube.com/watch?v=PI1GxNjAjlw

Special Note: The district continues to research alternative face cover and mask applications and designs. These approaches will be reviewed by a medical provider prior to being recommended to staff.