

Face Coverings

Are one of our best defenses against COVID-19

According to the Centers for Disease Control (CDC), face coverings are one of our best defenses against COVID-19. Masks worn correctly and consistently, along with the use of social distancing strategies and good hygiene practices (like handwashing), can help stop the spread of COVID-19. All FCS students returning to face-to-face instruction, as well as bus riders, are expected to wear face coverings.

Choose a mask

- That covers your nose and mouth
- That has two or more layers of washable, breathable fabric
- That is secured under your chin
- That fits snugly against the sides of your face

Be sure to

- Wash your hands before putting on a mask
- Do not touch the mask when wearing it

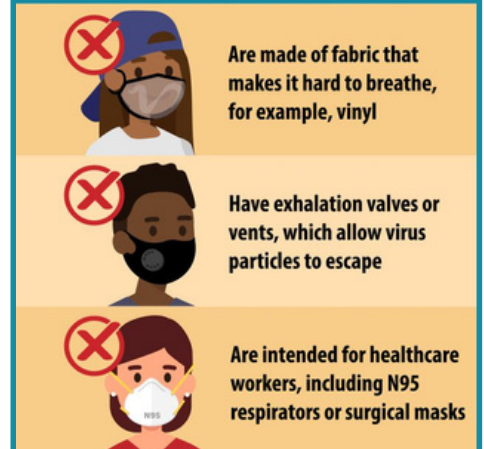
Note:

The CDC says do NOT wear masks intended for healthcare workers, like N95 respirators. This is so the supply can be kept available for the medical field and other first responders. Also, the CDC does not recommend gaiters or face shields. Evaluation of these face covers is ongoing but effectiveness is unknown at this time.

DO choose masks that



DO NOT choose masks that



Source of information and graphics: Centers for Disease Control

Take Safety Seriously: Don't wear your mask like this!

To offer the most protection, masks must be worn correctly and consistently



How to Clean a Mask

- Masks should be washed regularly
- Always remove masks correctly and wash your hands after handling a used mask
- Include masks with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry
- Disposable masks should be thrown away and not laundered

For More Guidance and Information on Masks and Face Coverings:

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

