

# COVID-19: GUIDELINES FOR MANDATORY FACE COVERINGS



## Face Coverings are Required in the State of California

The State of California has mandated that everyone, unless exempted by age or medical condition, wear cloth face coverings when inside a business or in line, when using public transit or a car service, when working or volunteering or when seeking medical care. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms.

### Which face covering is right for me?



N95 Respirators are for healthcare personnel only.



Surgical masks are medical face masks designed for healthcare use.



Cloth face coverings such as home made masks or bandanas will prevent you from spreading respiratory droplets when talking, sneezing, or coughing.

### How do I correctly wear a face covering?



- The mouth and nose are fully covered.
- The covering fits snugly against the sides of the face so there are no gaps.
- You do not have any difficulty breathing while wearing the cloth face covering.
- The cloth face covering can be tied or otherwise secured to prevent slipping.



- Avoid touching your face as much as possible. Keep the covering clean.
- Use clean hands to put on and adjust. Clean hands after removing.
- Don't share it with anyone else unless it's washed and dried first.
- Persons age two years or under should not wear a face covering because of the risk of suffocation.
- Masks with holes or valves that allow material out should not be used.

### In addition to wearing face coverings, remember to:



Stay home as much as possible.



Practice social distancing.



Clean hands often