

## Cloth Face Covering Quick Guide

CLOTH FACE COVERINGS may help reduce the spread of potentially infectious droplets within the community when combined with physical distancing and hand washing.

### How to Use

The TN Department of Health, the Metro Health Department, and the Center of Disease Control and Prevention (CDC) encourages the public to wear a cloth face covering over your nose and mouth when you must be in public for essential activities (e.g., shopping at the grocery store). Face Coverings are for those who can maintain a minimum of 6 feet distance with other people in their work environment and require little to no interaction with the general public. Wearing a face covering does not eliminate the need to physically distance yourself from others and to wash your hands frequently.

### Cloth Face Covering Care

- Wash cloth face covering frequently, ideally after each use, or at least daily
- Launder with detergent and hot water
- Dry on hot cycle
- Wash your hands when putting on and removing your face covering and avoid touching your face

### Examples of Face Coverings

- Bandana
- Scarf
- Neck Gaiter
- Homemade sewn cloth
- Tightly woven fabric (e.g. cotton t-shirts)

### Difference Between Face Covering and PPE

A cloth face covering is not considered PPE. PPE is worn by healthcare workers or those who provide services for a person who is suspected to have COVID-19. A face covering is recommended for the general public (including someone who has COVID-19 but feels well) to reduce the spread of infectious particles into the air when the wearer speaks, coughs, or sneezes.

### Resources:

- Cloth Face Covers (CDC) - <http://tiny.cc/cdc-diy-face-cover>
- TN Department of Health - <https://www.tn.gov/governor/covid-19/economic-recovery/higher-education-guidelines.html>