FACE COVERINGS CAN HELP SLOW THE SPREAD OF THE COVID-19

BPHC encourages people to wear a face covering when leaving home to help stop the spread of COVID-19. It is also important to wear a face covering in public settings where other social distancing measures are difficult to maintain, including grocery stores and pharmacies.

A face covering should:
• Fit snugly but comfortably against the side of the face
• Be secured with ties or ear loops
• Include multiple layers
• Allow for breathing without restriction
• Be able to be washed and machine dried without damage or change to shape

Do not put cloth coverings on:
• Children under the age of 2
• Anyone with trouble breathing
• Anyone who is unconscious, incapacitated or cannot remove the face covering without assistance.

Please do not use surgical masks or N-95 respirators. These are critical supplies that must continue to be reserved for healthcare workers and other medical first responders.

HOW TO MAKE A FACE COVERING OUT OF A BANDANA:

Materials:
• Bandana (or square cotton cloth approximately 20”x20”)
• Rubber bands (or hair ties)
• Scissors (if you are cutting your own cloth)

1. Fold bandana in half.
2. Fold top down. Fold bottom up.
3. Fold side to the middle and tuck.
4. Place rubber bands or hair ties about 6 inches apart.
5. 7–8 inches
6. Tie strings around neck, then over top of head.

HOW TO MAKE A FACE COVERING OUT OF A T-SHIRT:

Materials:
• T-shirt
• Scissors

1. 6–7 inches
2. Cut tie strings
3. 7–8 inches

For more information, visit www.bphc.org