COVID-19
SPECIAL GUIDANCE: Wearing Cloth Face Coverings

Public Health
Seattle & King County

What is novel coronavirus?

COVID-19 (formerly known as the "novel coronavirus") is a new virus spreading from person-to-person. It is currently in the United States and many other countries. You may not know you are sick but you can still spread it.
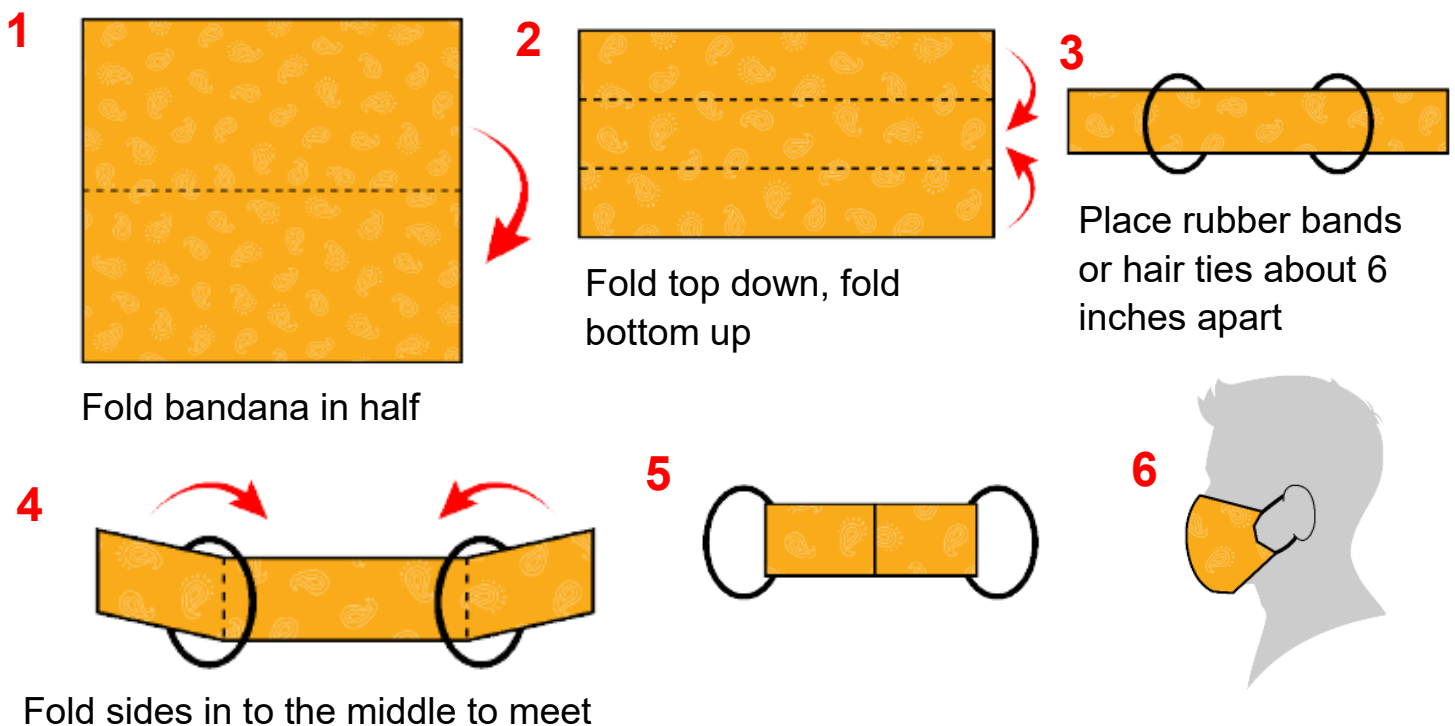
Will a cloth face covering keep me from getting sick?

It is most helpful to stay at least 6 feet away (about two arm lengths) from other people. Cloth face coverings can help people who are sick not give it to others. It works best if everyone wears a face covering.

How do I make a cloth face covering?

You do not need a medical mask; a homemade cloth face covering, made from an old T-shirt or bandana, that covers your mouth and nose can still be helpful.

1 Fold bandana in half

2 Fold top down, fold bottom up

3 Place rubber bands or hair ties about 6 inches apart

4 Fold sides in to the middle to meet

5

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How do I wear a cloth face covering?

Wash your hands with soap and water for at least 20 seconds (if soap/water is not available, use alcohol-based hand gel) **before** putting on and **before** taking off the covering.

Avoid touching your mouth or nose while wearing the cloth face covering.

Only touch the cloth face covering by the straps. Pull the straps behind the ears or ties behind the head. Do not touch the front of the cloth face covering.
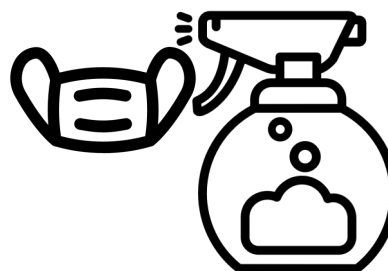
How do I clean a cloth face covering?
It is important to regularly clean and dry face coverings between uses.

If possible, wash the face covering in hot water with soap and let dry. If you do not have soap and water with you, try a public bathroom.

If you have some bleach, you can also spray the covering with a little bleach mixed in water. **Make sure it dries completely.**

If you do not have any good cleaning options, something is better than nothing, until you can get to a place where soap and water is available.

◊ **City of Seattle: https://www.seattle.gov/mayor/covid-19**

◊ **More information from Healthcare for the Homeless Network: www.kingcounty.gov/covid/homeless**

◊ **King County Novel Coronavirus Call Center: (206) 477-3977**
The Call Center is open 7 days a week, 8am-10pm

Thanks to the CDC for adaptation of their materials.