



## **FOR IMMEDIATE RELEASE**

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### **COVID-19 PANDEMIC: MASKS and FACE COVERINGS**

The Centers for Disease Control and Prevention (CDC) is advising the use of simple cloth face coverings to be worn by EVERYONE when out in public. This is to slow the spread of the virus.

The Martha's Vineyard Emergency Managers, Medical Reserve Corps, and Martha's Vineyard Boards of Health have compiled these guidelines for ALL Island residents to educate themselves and follow to keep everyone safe.

**PLEASE NOTE: MASKS AND FACE COVERINGS ARE EFFECTIVE ONLY IF WORN AND DISPOSED OF PROPERLY AND USED IN COMBINATION WITH FREQUENT HAND WASHING AND SIX FOOT SOCIAL DISTANCING.**

#### **Mask and Face Covering Usage:**

- Wearing face coverings in public is highly recommended. It is more about protecting others, not yourself.
  - It increases awareness to others of the very serious nature of this pandemic and prevents the wearer from touching their face.
  - If you are a healthy-appearing (well), asymptomatic carrier it will decrease the chance of spreading the infection to others.
- If you wear a face covering then you must know how to use it and dispose of it properly.
- If you do not already have face masks on hand, DO NOT buy N95 medical masks. Save the limited supply of them for healthcare professionals!
  - DO NOT HOARD MASKS OR OTHER SUPPLIES - Instead, create your own cloth mask (see instructions below).
- If you are coughing or sneezing:
  - Wear a face covering when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.
  - If you are not able to wear a face covering (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes and wash your hands immediately.

- People who are caring for you should wear a face mask if they enter your room.
- All businesses remaining open should be educating their employees on the proper usage of face coverings and encouraging them to be worn whenever possible.
  - Masks will not protect the employees from a person's cough or sneeze.
  - *Masks will only protect **other** people from the employees' cough or sneeze.*

### **Creating Your Own Face Covering:**

- Use a scarf, bandana, hand towel, or T-shirt.
- Fold the cloth into the middle from the bottom.
- Fold the cloth into the middle from the top.
- Fold the cloth again into the middle from the bottom.
- Fold the cloth again into the middle from the top.
- Use two rubber bands (one on each end) to fasten the mask.
- Fold either ends of the cloth in to the middle.
- The mask is now ready to use.
- A good video of the method is found here: [https://www.youtube.com/watch?v=tPx1yqvJgf4&feature=emb\\_title](https://www.youtube.com/watch?v=tPx1yqvJgf4&feature=emb_title)

### **Putting on a Mask or Face Covering:**

- Clean your hands with soap and hot water for at least 20 seconds or an alcohol-based hand sanitizer.
- Place the mask/face covering so it is covering your nose and mouth.
- Make sure there are no gaps between your face and the mask/face covering.
- DO NOT TOUCH THE MASK/FACE COVERING WHILE USING IT.
  - If you do, clean your hands with hot water and soap or alcohol-based hand sanitizer.
- Replace the mask/face covering with a new one as soon as it is damp.
- DO NOT RE-USE SINGLE-USE MASKS.
- If the mask/face covering can be re-worn ensure it is disinfected according to the manufacturer's guidelines.

### **Taking off a Mask or Face Covering:**

- Clean your hands with soap and hot water for at least 20 seconds or an alcohol-based hand sanitizer.
- ONLY TOUCH THE BACK OF THE MASK OR EAR LOOPS TO REMOVE THE MASK/FACE COVERING.
- Discard the mask immediately in a closed trash bin or put your cloth face covering in the laundry on the hottest setting.
- Clean your hands with alcohol-based hand sanitizer or soap and hot water for at least 20 seconds.

### **English and Portuguese Mask/Face Covering Video Links:**

- Youtube: <https://www.youtube.com/watch?v=7q-JxAbcE8I&feature=youtu.be>
- Vimeo: <https://vimeo.com/groups/647587/videos/405119712>