

FACE COVERING GUIDE

Recommended

Cotton Cloth Face Covering

A face covering that will form around the mouth and nose to minimize droplet spread.

A tight weave cotton and/or multiple-layered cloth is best. If a cloth or fabric mask becomes wet or dirty, it's important to switch to a clean one. These masks should not be shared. Cloth masks should be washed after each use.



Washable Face Cover with Filter Inserts

If you are seeking to protect others and provide a greater level of protection for yourself, as well, then a washable cotton mask with filter inserts may be an option. This is not going to provide an N95-level of protection, but it will be greater than a standard cotton face cover. Filters are single use and should be disposed after each use. The cotton face cover should be washed after each use.



Single Use

If a single-use face covering is needed, then a disposable procedural mask is an option. They protect the nose and mouth from coming into contact with droplets that could carry germs. They're made to protect you from sprays or splashes that could enter the nose or mouth. These masks are also able to filter out large particles in the air and can make sure droplets from the wearer aren't being spread. These covers are single-use only and should be disposed of after each use.



Prohibited

Vented/Ported/Valved Face Coverings

The use of vented or ported face coverings are not allowed. These do not filter your exhaled air and respiratory droplets will be propelled through the vents or ports in the face covering to others around you. With the goal of your face covering protecting others, these products are counterproductive.



Not Recommended

Neck Gaiter Fleece (For Indoor Use)

The thin and stretchy material may actually break respiratory droplets up into smaller particles that hang in the air longer. Such face coverings made of thin, single-layer, stretchy material may be sufficient for outdoor use, but may not be as effective indoors as other coverings with multiple layers and more tightly woven fabric.



Bandanas

Bandana materials are thin, often loosely woven cloth, that provide less protection. In a recent study, bandanas and handkerchiefs offered very little filtration of respiratory droplets. While likely better than wearing no covering, bandanas are not as effective as a more tightly woven fabric that provides better coverage over the nose and mouth.



*Based upon research from [Duke University](#), on August 7, 2020 and [CDC](#). We acknowledge the small sample size of the Duke study but find the concerns raised in the early findings warrant a cautionary approach to our mask guidance. Guidance and recommendations are subject to change based upon new information.

Tips and Tricks: Hold your face covering up to the light and stretch it out. How much light leaks through can indicate how well respiratory droplets may be trapped. Can you see through it? If you see a lot of light shining through then the material may be too thin to be most effective. You can also try to blow out a candle from about a foot away. If you can, then the material may be too thin.

Protective Supplements

Face Shield

A face shield is primarily used for eye protection for the person wearing it. At this time, it is not known what level of protection a face shield provides to people nearby from the spray of respiratory droplets from the wearer. There is currently not enough evidence to support the effectiveness of face shields for source control. Therefore, CDC does not currently recommend use of face shields as a substitute for masks. Face shields should be paired with a face covering whenever possible, as the shield is a supplement. There may be circumstances that a shield would be used alone, such as when a teacher needs to have their face seen for students with a hearing impairment or for young students during language acquisition. These are very limited circumstances and come with strict adherence to distancing and sanitation protocols.



Face Shield with Cloth Drape

This is a better option for the face shield in cases where a face covering may not be feasible, but it is still not a general substitute for a face covering. Individual accommodations for teachers with specific use cases and students with 504 accommodations can utilize such tools. For all others, these tools are supplements to be paired with a face covering.



Face coverings are required and must be properly worn, covering both the mouth and the nose.

A face covering alone does not provide total protection from COVID-19.

Remember to stay home when sick, practice physical distancing, and sanitize your hands.