

## GUIDANCE ON CLOTH FACE MASKS

- The novel coronavirus causing COVID-19 can be spread through saliva and nasal secretions produced by coughs, sneezes, singing, and talking.
- Social distancing measures remain the primary and most effective steps to reduce the spread of COVID-19. Wearing a mask of any sort does NOT replace state-required social distancing measures, including maintaining a >6 – 10 feet distance from other people.
- In settings where essential activities make social distancing more difficult to maintain (i.e. performing essential services or in stores), the CDC advises that wearing a cloth face mask may help reduce the spread of COVID-19.
- Cloth masks do not have the proper design or necessary materials to filter out virus particles and therefore do not ensure you will not become infected by COVID-19.
- Wearing a cloth face mask may, however, reduce the risk of someone infected with COVID-19 unknowingly spreading the infection during the period of time after they have become infected but before they have developed symptoms (possibly 2 or more days).
- Therefore, wearing a cloth face mask in public when social distancing > 6 – 10 feet apart is difficult may help reduce the risk of COVID-19 spreading.
- When wearing a cloth face mask, you must not touch your face.
- When wearing a cloth face mask, you must still maintain social distancing.
- Do not wear surgical masks or N95 masks. Those scarce resources must be reserved for healthcare workers and first responders who face high-risk COVID-19 patients numerous times every day.
- This is a voluntary public health measure for Team Kentucky.