FACE COVERINGS 101:

What. The CDC now recommends that everyone wear cloth face coverings in public places as well as continued hand washing and social distancing.

Why. Recent studies now show that a significant portion of individuals with coronavirus are asymptomatic or pre-symptomatic and can transmit the virus to others before showing any symptoms. In light of this new evidence, the CDC recommends wearing cloth face coverings in public settings to slow the spread of the virus to others.

Make: You can make simple cloth face coverings fashioned from household items or made at home from common materials at low cost that protect your co-workers as we transition to working back on campus sometime in the future.

These CDC guided instructions and videos show how to make a no sew, t-shirt and sewn face coverings. 
No Sew Face Covering- Dr. Jerome Adams-US Surgeon General shows how to make a simple no-sew face covering- [https://www.youtube.com/watch?v=tPxBvQgJgf4&feature=youtu.be](https://www.youtube.com/watch?v=tPxBvQgJgf4&feature=youtu.be)

Why do you need to wear cloth face coverings? In light of new data about how COVID-19 spreads, along with evidence of widespread COVID-19 illness in communities across the country, CDC recommends that people wear a cloth face covering to cover their nose and mouth in the community setting. This is to protect people around you if you are infected but do not have symptoms.

When do you need to wear a cloth face covering? A cloth face covering should be worn whenever people are in a community setting, especially in situations where you may be near people. These settings include grocery stores and pharmacies. These face coverings are not a substitute for social distancing. Cloth face coverings are especially important to wear in public in areas of widespread COVID-19 illness.

Do I still need to stay at least 6 feet away from people if wearing a cloth face covering? Yes. Wearing cloth face coverings is an additional public health measure people should take to reduce the spread of COVID-19. CDC still recommends that you stay at least 6 feet away from other people (social distancing), frequent hand cleaning and other everyday preventive actions. A cloth face covering is not intended to protect the wearer, but it may prevent the spread of virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms. View CDC’s guidance on how to protect yourself.

What type of cloth face covering should be worn? Cloth face coverings can be made from household items or made at home from common materials at low cost.
Who should not wear cloth face coverings? Cloth face coverings should not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.

Why is CDC recommending cloth face coverings instead of medical grade facemasks? Surgical masks and N95 respirators are in short supply and should be reserved for healthcare workers or other medical first responders, as recommended by CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly? Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering? A washing machine should suffice in properly washing a face covering.

How does one safely remove a used cloth face covering? Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

Masks do not replace social distancing. While DIY face masks may be useful in situations like grocery stores and pharmacies where you cannot always stay six feet away from people, masks should not be used as a replacement for social distancing.

No Guarantee. Whichever material you choose to make your mask from, and no matter how you choose to make it — sewing, no-sew, folding — it’s not a guaranteed protector against COVID-19.

Do The Right Thing. And remember: By covering your face in public, you are helping others to stay safe from anything you may be carrying. It’s more about their protection than your own.

Disclaimer: All information above was provided by cdc.gov, updated 4/21/2020

A study of homemade face masks by SmartAirFilters.com found that cotton T-shirts and cotton pillowcases are the best materials for making DIY face masks, based on their ability to capture particles yet remain breathable, and that they perform comparably to surgical-grade masks.

From Huffington Post article, https://www.huffpost.com/entry/how-to-make-face-mask-coronavirus_1_5e78cb2fc5b6f5b7c5483e17