

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

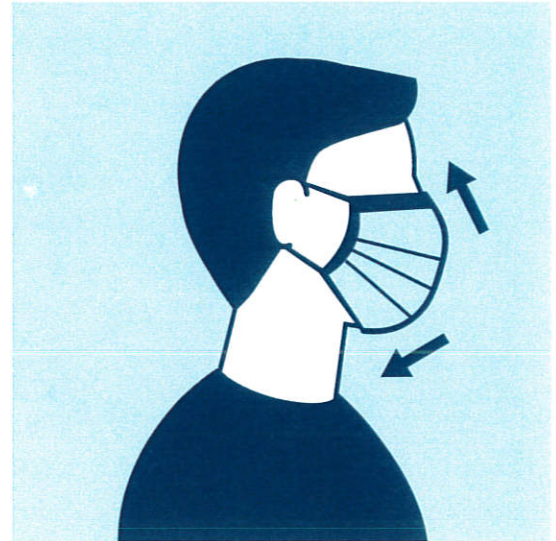
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth 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 cloth face covering and wash hands immediately after removing.

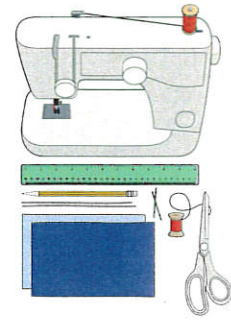


[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Sewn Cloth Face Covering

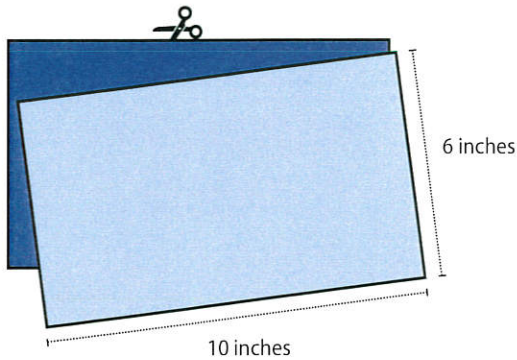
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

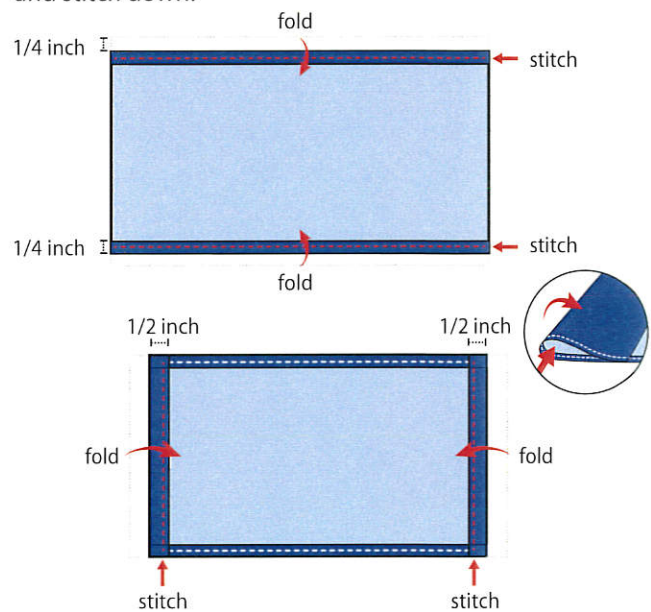


Tutorial

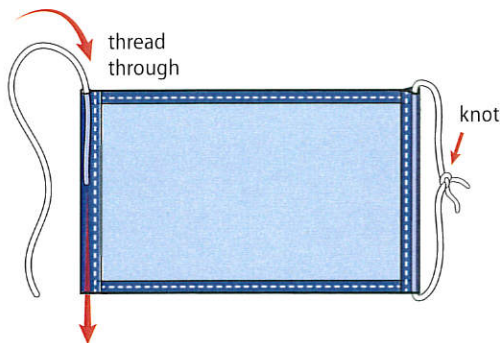
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



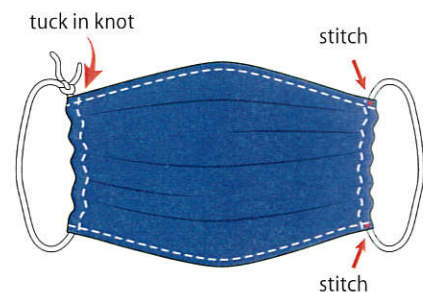
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

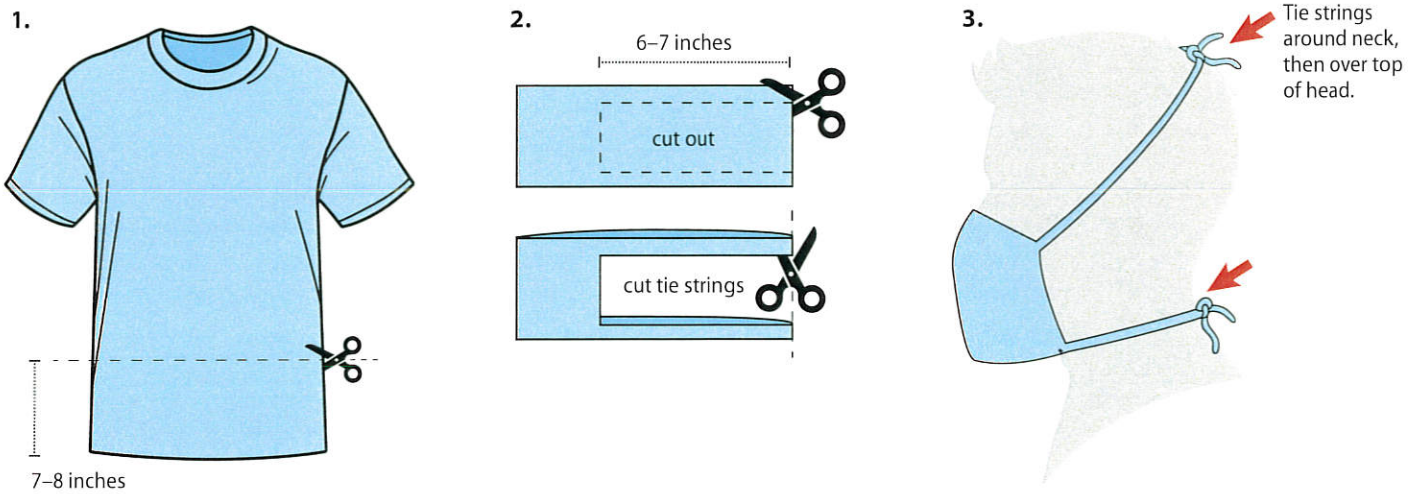


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

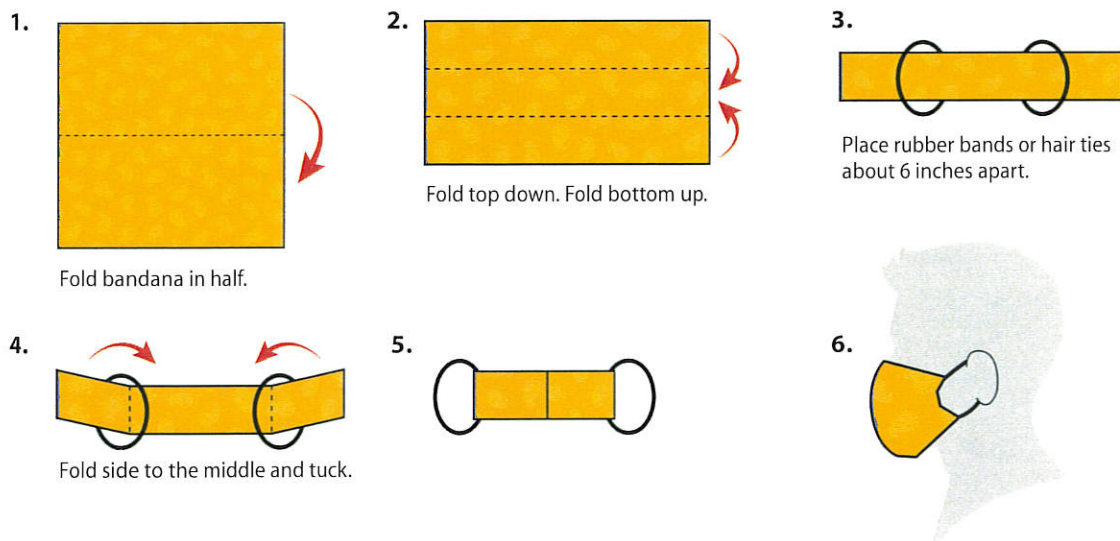


Bandana Cloth Face Covering (no sew method)

Materials

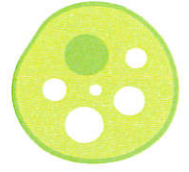
- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial





What is the difference between **isolation** and **quarantine**?



Isolation and quarantine help protect the public by preventing exposure to people who have or may have a **contagious disease**.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

ISOLATION

Isolation is for people who are already sick.



Isolation separates and restricts the movement of sick people so they can't spread disease to healthy people.



Isolation is a routine procedure in hospitals and healthcare facilities.



Isolation is usually voluntary, but officials have the authority to isolate people who are sick if necessary.

QUARANTINE

Quarantine is for people who are not sick, but may have been exposed.



Quarantined people may or may not become sick.



Quarantined people should stay at home or another location so they don't spread disease to healthy people.



If you are quarantined and you become ill, you can seek medical treatment from a healthcare provider.



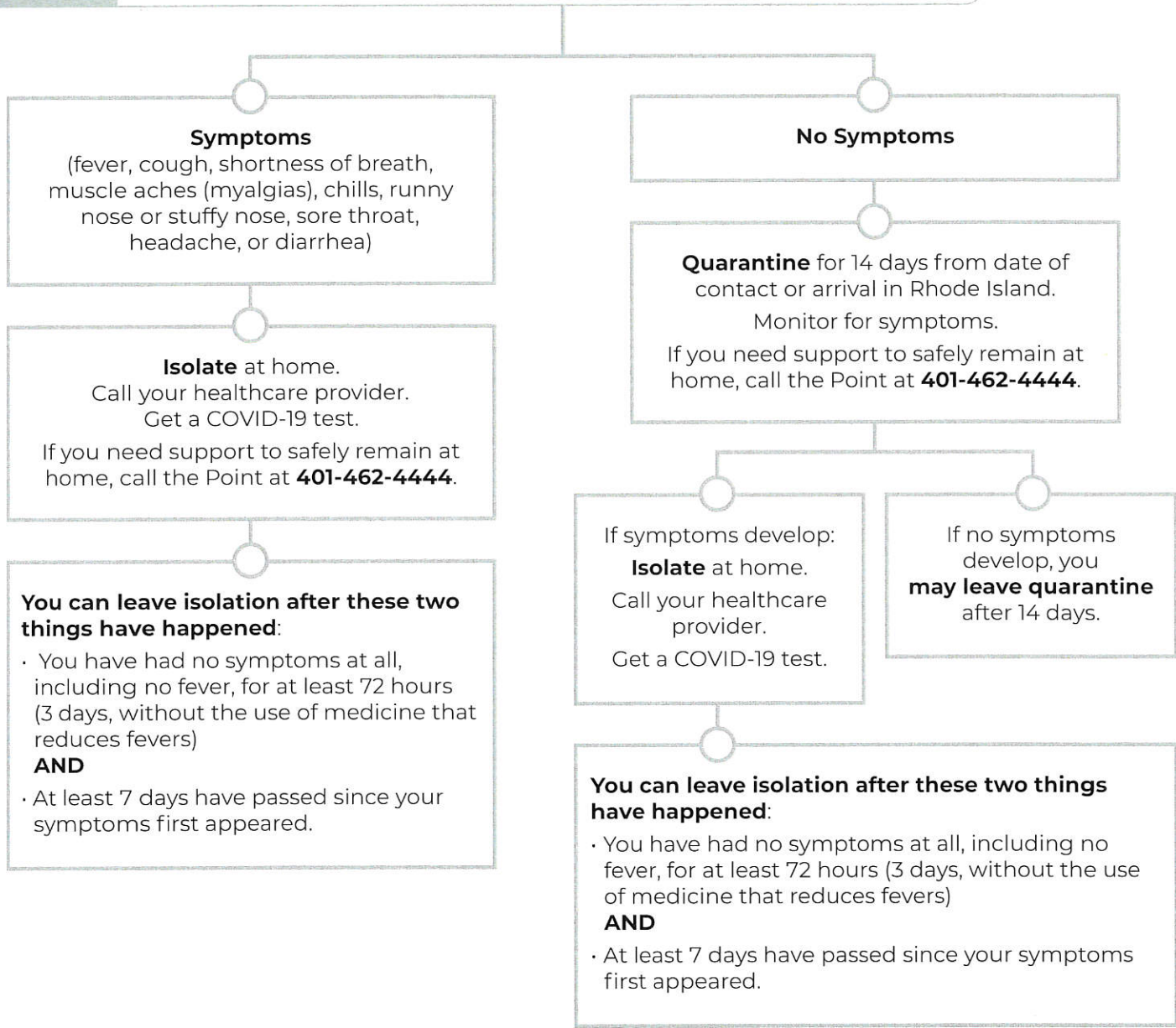
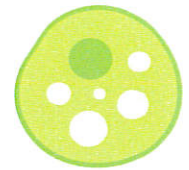
Quarantine can be voluntary, but officials have the authority to quarantine people who have been exposed to an infectious disease if necessary.



For more information: health.ri.gov/covid



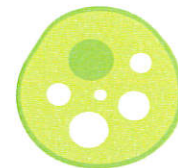
I recently traveled outside Rhode Island or have been in close contact with someone who has COVID-19*. **What do I do?**



Quick Tips: Who in RI should Quarantine?

- Any person arriving in Rhode Island from a location outside the 50 US states or the District of Columbia
- Any person who returns to Rhode Island after domestic airplane travel (public health, public safety, and healthcare workers are exempt)
- Any person coming to Rhode Island from another state for a non-work-related purpose (public health, public safety, and healthcare workers are exempt)
- Close contacts of someone who has symptoms of COVID-19
- Additional guidance for public health, public safety, social service providers, and healthcare workers is available at:
www.health.ri.gov/publications/guidance/QuarantineGuidanceforCriticalInfrastructureWorkers.pdf

* Within 6 feet of a person who has been clinically diagnosed with COVID-19 by a licensed healthcare practitioner by assessment of symptoms or by laboratory testing.



What Happens If I Test Positive?

- Your name and contact information will be shared with public health staff at the Rhode Island Department of Health (RIDOH) to help with case investigation.
- Someone from RIDOH will call you and ask you for a list of people you have had close contact with during your infectious period. If you were tested at the CVS Rapid Testing Site at Twin River Casino, a nurse practitioner from CVS will also contact you to review how you can prevent spreading COVID-19 to other people and how you can take care of yourself.
- Stay at home, wash your hands frequently, wear a face mask (or a [cloth face covering](#) if a mask is not available), stay away from other people in your home, and [clean “high-touch” surfaces](#) (doorknobs, railings, phones, counters, faucet handles) every day.

What Happens If I Test Negative?

- Your name and contact information will be shared with public health staff at RIDOH to help with case investigation.
- If you start having any symptoms of COVID-19 after the test, call your healthcare provider and ask if you should be tested again.
- [Wash your hands often and practice social distancing](#) (six feet between you and other people).
- Wear a cloth face covering when you leave your house.
- If you are sick, stay home from work.
- Clean “high-touch” surfaces” (doorknobs, railings, phones, counters, faucet handles) every day.
- If you test negative for COVID-19, you most likely were not infected at the time your specimen was collected. However, that does not mean you will not get sick. It is possible that you were very early in your infection at the time of your specimen collection and that you could test positive later, or you could be exposed later and then develop illness. In other words, a negative test result does not rule out getting sick later. Even with a negative test, it is important for healthcare workers and others who have direct patient contact not to go to work sick.

What Happens If I Have Been Told To Quarantine?

- Your name and contact information will be shared with RIDOH to help you monitor for symptoms.
- You will receive an email with a letter explaining [how to monitor your health while in quarantine](#). This email will also contain a COVID-19 Daily Symptom and Temperature Log where you can record your temperature each day.
- If you opted to receive daily text messages to help monitor your symptoms, you will receive these messages from a phone number that has an 844 area code. These messages will ask you if you developed symptoms each day.
- If you are not using the text messages and you develop a fever of 100.4°F or higher or you have any symptoms other than those listed on your Symptom and Temperature Log, please call RIDOH immediately.
- If you have been told to quarantine, please stay at home during this 14-day period. If you need support to safely remain at home during quarantine or isolation, call the Point at **401-462-4444**. Visit www.RIDelivers.com for help in accessing mutual aid, prescriptions, groceries, and other supplies.



For more information: health.ri.gov/covid

How to Protect Yourself and Others

Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Stay home if you are sick.**
- **Avoid close contact** with people who are sick.
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Cover your mouth and nose with a cloth face cover when around others



- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a cloth face cover when they have to go out in public**, for example to the grocery store or to pick up other necessities.
 - » Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The cloth face cover is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others**. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes



- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** You can see a list of [EPA-registered household disinfectants here](#).

Enfermedad del coronavirus 2019 (COVID-19): 10 consejos para hacer en casa, cuando esté en cuarentena o monitoreándose los síntomas

1

Quédese en casa no vaya al trabajo ni a la escuela y manténgase alejado/a de lugares públicos. Si necesita ayuda para obtener alimentos o medicinas llame al 2-1-1 ó a "The Point" al 462-4444, o visite RIDelivers.com, para ayudar a las personas de RI que están en cuarentena o en aislamiento debido al COVID-19.



2

Monitoree sus síntomas y tome su temperatura dos veces al día, todos los días. Si desarrolla síntomas o fiebre, llame inmediatamente a su proveedor de cuidados de salud.



3

Si es posible, descanse, manténgase hidratado/a y haga ejercicios. Evite lugares donde pueda estar en contacto directo con otras personas.



4

Si tiene una cita médica, llame a su proveedor de cuidados de salud antes de ir y dígame que ha estado expuesto al COVID-19.



5

Quando llame al 911 por alguna emergencia médica, **notifíquelo al operador** que ha estado expuesto al COVID-19.



6

Diariamente tome precauciones para prevenir propagar los gérmenes.

- Lávese las manos frecuentemente, con agua y jabón, por lo menos durante 20 segundos o use un gel para desinfectar las manos, que contenga una base de alcohol de al menos 60%
- Cúbrase cuando tosa o estornude
- Evite tocarse sus ojos, nariz y boca



7

Si es posible, **quédese** en un mismo cuarto en su hogar, **alejado de otras personas** y de mascotas. Si es posible, use un baño separado.



8

Evite compartir artículos personales con otras personas en su hogar, por ejemplo, platos, toallas, y ropa de cama.



9

Limpie todas las superficies que comúnmente son tocadas como lo son los mostradores, llavines de las puertas, y mesas. Use un producto de limpieza en aerosol o paños usando las instrucciones en la etiqueta.



10

Aproveche el tiempo que esté en casa ya sea trabajando, leyendo, ejercitándose, o practicando cualquier pasatiempo que quería hacer, pero no tenía tiempo.



Por orden ejecutiva de la gobernadora de RI, Gina Raimondo, todas las personas que entren a RI, tienen que ponerse en cuarentena inmediatamente, por 14 días y registrarse aquí: <https://Health.ri.gov/forms/surveys/oos-survey> (con excepción del personal de salud pública, profesionales del cuidado de salud, pilotos y el personal de vuelo). Los residentes de RI que trabajen en otro estado, si es posible, tienen que trabajar desde sus casas. Los negocios en RI con empleados que viven en otro estado, tienen que hacer todo lo posible para dejar que estos empleados trabajen desde sus casas. Las personas viajando a otros estados están sujetos a las leyes de esas jurisdicciones.

Para más información, comuníquese con el Departamento de Salud de RI llamando al 401-222-8022, envíe un correo electrónico a RIDOH.COVID19Questions@health.ri.gov o visite la página web health.ri.gov/covid.

10 things you can do to manage your health at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



Please go to www.cdc.gov/covid19-symptoms for information on COVID-19 symptoms.

