

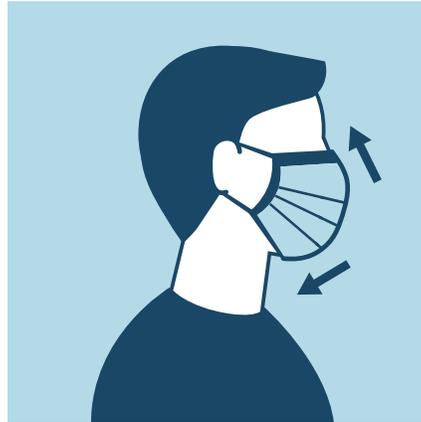
USE OF CLOTH FACE COVERINGS TO HELP SLOW THE SPREAD OF COVID-19

How to Wear a Cloth Face Covering

Side view of an individual wearing a cloth face covering, which conceals their mouth and nose areas and has a string looped behind the visible ear to hold the covering in place. The top of the covering is positioned just below the eyes and the bottom extends down to cover the chin. The visible side of the covering extends to cover approximately half of the individual's cheek.

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



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.

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

Yes. They should be routinely washed depending on the frequency of use. Hand wash and line dry because of the material used to make the straps.

Homemade Cloth Face Coverings (No-Sew Instructions on Back)

The Centers for Disease Control (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 mask 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.

Dubuque Countywide Response to Coronavirus (COVID-19)



THE CITY OF
DUBUQUE
Masterpiece on the Mississippi



For additional COVID-19 information:

Dubuque Visiting Nurses Association:
563.556.6200

Available 8 a.m. to 6 p.m. Monday - Sunday. If you need to leave a message, your call will be returned as soon as possible between the hours of 8 a.m. and 6 p.m.

COVID-19 Hotline: 2-1-1 or 1-800-244-7431

Available 24/7 for Iowans with questions about COVID-19.

State of Iowa:

<https://coronavirus.iowa.gov>

Dubuque County:

www.dubuquecounty.org/covid19

City of Dubuque:

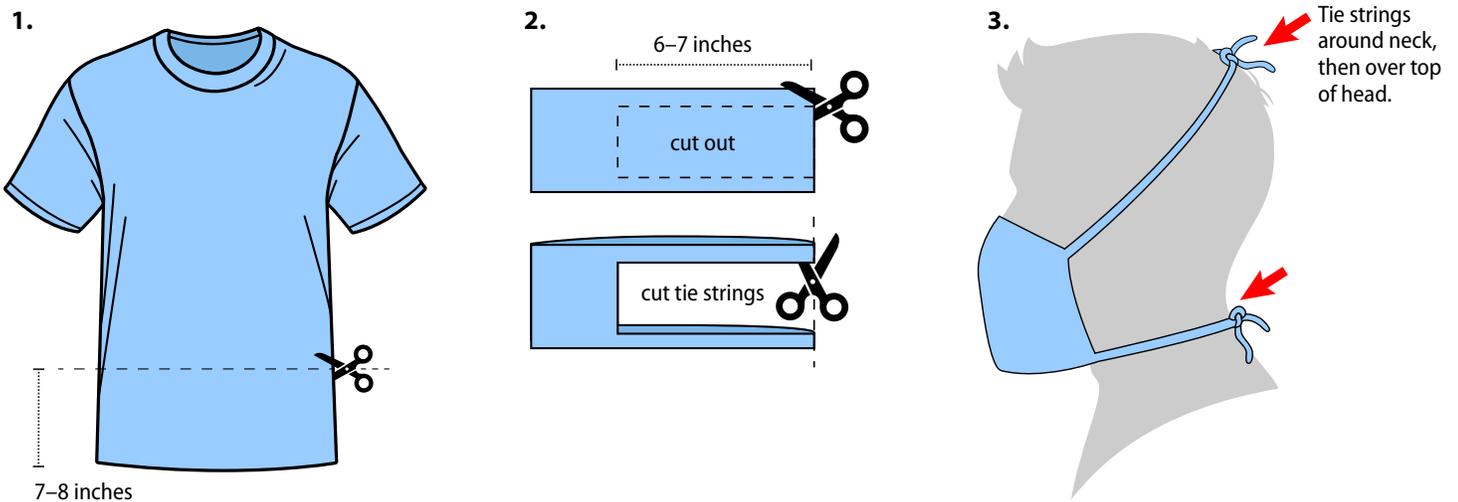
www.cityofdubuque.org/covid19

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

