



Face Coverings & Respiratory Protection for Germ Exposure Prevention

The Center of Disease Control and Prevention (CDC) recommends wearing **Cloth Face Coverings** in crowded public spaces or in public spaces where maintaining six-foot social distancing is not possible. The CDC provides guidelines for the proper wearing and cleaning of Cloth Face Coverings, as well as when, where, and why they should be worn in public spaces to prevent the spread of germs. Click on the link for more information.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Cloth Face Coverings can be made of various types of fabrics and are not intended for medical purposes. Cloth face coverings prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. Fabric mask should be washed routinely.

Common Masks are designed and manufactured for work trades (i.e. school nurse, custodian, food preparation/handling worker, etc.) to help prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. To a lesser extent, masks prevent the inhalation of germs. Most are semi-disposable and have limited reuse capabilities due to loss of structural/functional integrity and contamination.

Industrial and medical grade **Respirators** are intended for persons working in areas with a high probability of germ exposure and/or other respiratory type health hazards (i.e. dust particulate, chemicals, invasive medical procedures, etc.). Respirators are designed and manufactured of materials intended to filter particulates from the air when inhaled by the wearer (i.e. N-95 = 95% efficient at 0.3 micron, non-oil particulate size). Additional attention to proper use and disposal is necessary when worn in hazardous settings. Click on the link for more information:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/crisis-alternate-strategies.html>

Additional Health Considerations: All forms of face coverings restrict breathing. Persons with cardiovascular disease need to consult their personal physician(s) about health risk factors prior to wearing any/all forms of face covering, masks, or respirators. Eyes are *NOT* typically susceptible to airborne germs; however, hand-to-eye germ transfer is a health concern (especially for COVID-19) that reinforces the need to avoid touching the eyes/face with unclean hands/fingers.



Example: Common **Cloth Face Covering**



Example: **Cloth Face Covering (Buff)**



Example: Common **Mask**



Example: Disposable/limited-use **Respirator**