



Appendix 2.

Face coverings

- 1 Because it can be difficult always to maintain a distance of at least six (6) feet between themselves and others, workers should wear face coverings at all times while at the workplace
- 2 Cloth face coverings may reduce the amount of large respiratory droplets that a person spreads when talking, sneezing, or coughing and may prevent people who do not know they have the virus that causes Covid-19 from spreading it to others; they are intended to protect other people—not the wearer
- 3 Reusable cloth face coverings should:
 - Cover the mouth and nose and wrap under the chin
 - Fit snugly but comfortably against the side of the face and not hang lower than the chin
 - Be secured with ties or ear loops
 - Include multiple layers of fabric or have paper filter inserts
 - Allow for breathing without restriction
 - Be able to be laundered using the warmest appropriate water setting and machine dried daily after the shift, without damage or change to shape (a clean cloth face covering should be used each day)
 - Be handled as little as possible to prevent transferring infectious materials to the cloth
 - Be replaced if they become wet, soiled, or contaminated
 - When removing a cloth face covering, the wearer should be careful not to touch their face (especially their eyes, nose, and mouth) and should wash their hands for 20 seconds immediately after removing it
 - Be routinely washed daily; a washing machine should suffice for properly washing a face covering
- 3 In a commercial kitchen, it may not be practical for workers to wear a single cloth face covering for the full duration of a work shift if they become wet, soiled, or otherwise visibly contaminated. Therefore, workers should have more than one cloth face covering available at all times
- 4 Even when wearing a face covering, workers should continue to practice physical distancing and good hand hygiene
- 5 Cloth face coverings should not be placed on anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance
- 6 Cloth face coverings are different from surgical masks or N95 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
- 7 Cloth face coverings are not appropriate substitutes for personal protective equipment, such as surgical masks or N95 respirators, in situations where respiratory protection is recommended or required to protect the wearer
- 8 Additional information on the use of face coverings, including washing instructions and information on how to make homemade face covers, is available on the CDC website at:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

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