

# Advice on Face Coverings

## Solebury School's Mantra: My Mask Protects You; Your Mask Protects Me

*Face coverings combined with other preventive measures, such as frequent hand-washing and physical distancing, help slow the spread of COVID-19. Because it's possible to have coronavirus without showing [symptoms](#), it is best to wear a face covering even if you think you are healthy. A mask helps contain small droplets that come out of your mouth and/or nose when you talk, sneeze or cough. If you have COVID-19 and are not showing symptoms, a face covering reduces your chance of spreading the infection to others. If you are healthy, a mask may protect you from larger droplets from people around you. When each of us does our part, we build a healthy community that is based on taking action to help someone else.*

### What Is an Appropriate Face Covering?

- Your face covering should completely cover from the bridge of your nose to under your chin
- It should have two or more layers of washable, breathable fabric
- It should fit snugly against the sides of your face with no gaps
- It should have a nose wire to prevent air from leaking out the top of the mask
- It should be secured with ties or ear loops
- You may consider wearing a disposable face mask under a cloth face covering for best protection
- A face shield may be used in addition to a face mask but cannot be used alone
- Face masks with exhaust valves are not acceptable
- Neck gaiters, scarves, ski masks and balaclavas are not substitutes for masks, and if worn it must be in addition to a disposable or cloth face mask

### How to Wear Your Face Covering:

- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering; if you do, wash your hands

### Wear your Face Covering Correctly:

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

### Take Off Your Cloth Face Covering Carefully:

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine or covered laundry receptacle
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

Adapted from CDC guidelines on Cloth Face Coverings

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

and Johns Hopkins Medicine's FAQs

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-face-masks-what-you-need-to-know>

Updated: 2/17/21