

## Face Covering Guidance for Madera Residents

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As a way to further strengthen the current public health stay-at-home orders in place in California, residents going out into public areas for essential business are encouraged to use of face coverings to lower the risk of COVID-19 spread. Knowledge about COVID-19 is changing rapidly, and recent studies have identified the use of face coverings as a possible benefit which has led to this guidance. Some of the updated understandings include:

- COVID-19 can spread even when someone is not showing symptoms.
- Face coverings may reduce the release of infectious particles into the air when someone speaks, coughs, or sneezes.
- Masks may not keep the wearer safe, but they can reduce the transmission of COVID-19 by the wearer (with or without symptoms) to others.
- Wearing a mask DOES NOT replace the importance of other strategies, such as staying home, social distancing (staying 6 feet away from people) and handwashing.

## **Types of Face Coverings**

Do not purchase masks designed for health care professionals. N95 and surgical masks are in limited supply and designed to protect those who are working in high risk situations with a likelihood of exposure.

Face coverings can be created with the use of any dense fabric that covers the nose and mouth such as scarves, bandanas, neck gaiters, or other fabric coverings. It can be secured to the head with ties or straps or simply wrapped around the lower face to cover the nose and mouth. Fabric must be dense, without holes, reusable after washing, and can be made of a variety of materials, such as cotton, silk, or linen.

Thank you for your cooperation,

Simon Paul, M.D.

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