# **Coronavirus Disease 2019**

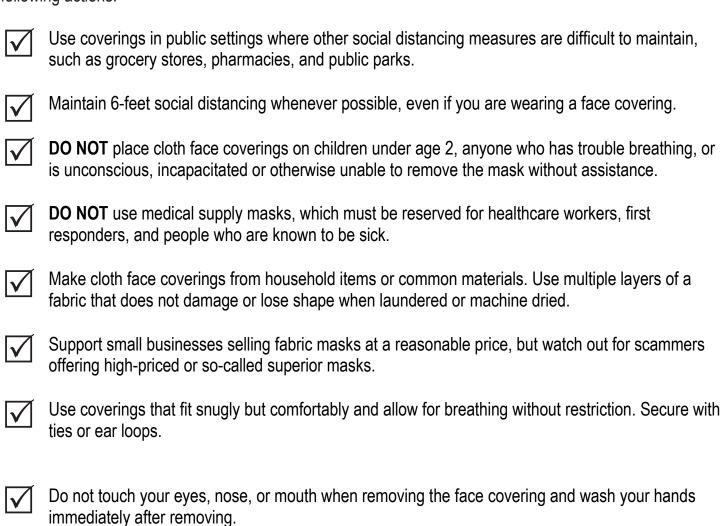


### **COVID-19 Checklist for Cloth Face Coverings (Masks)**

## **Protecting Against COVID-19**

The Centers for Disease Control and Prevention (CDC) has recommended that Americans wear cloth face coverings (masks) in public to help slow the spread of COVID-19. This recommendation is being made based on studies that show a significant proportion of people with COVID-19 lack symptoms and can transmit the virus to others in close proximity, through speaking, coughing, sneezing or other means.

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that Ohioans take the following actions:



Launder coverings after each use. Avoid wearing when wet from laundering or from spit or mucus.

### **DIY Face Coverings**

- Use tightly woven fabric (preferably cloth that lets minimal light shine through) such as quilting cloth.
- If you need to buy materials, consider purchasing online to avoid public places.
- The CDC offers instructions on creating a <u>no-sew face covering</u> out of a T-shirt; or out of a bandanna, coffee filter, and rubber bands. You will also need scissors.
- The CDC offers instructions on <u>sewing a face covering</u> with 10-by-6-inch rectangles of tightly woven cotton fabric. You will need a sewing machine, needle and thread (or bobby pin) and scissors. You also will need elastic, rubber bands, hair ties, string, or cloth strips

For additional information, visit <u>coronavirus.ohio.gov</u>.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

#### Additional resources:

Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission: <a href="https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html">https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html</a>.

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19: <a href="https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html">https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html</a>.

Video: Dr. Jerome Adams, U.S. Surgeon General: How to Make Your Own Face Covering: https://www.youtube.com/watch?v=tPx1yqvJgf4.

Kaiser Permanente Fabric Face Mask Instructions (sewing machine needed):

https://about.kaiserpermanente.org/content/dam/internet/kp/comms/import/uploads/2020/03/02\_COVID\_Mask-Instructions\_v9.pdf.

Protect yourself and others from COVID-19 by taking these precautions.

### **PREVENTION**

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME



PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP ( 20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL ORAIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS