



COVID-19 Face Covering- Surgical Mask

Using Face Coverings

The Center for Disease Control and Prevention has recently recommended that everyone who leaves their house should wear a face covering in settings where social distancing measures are difficult to maintain. Due to the fact that the very nature of child care means that practicing social distancing is difficult, College Heights will now require that all staff use a face covering while at the center. A face covering slows the spread of the virus by blocking and containing the wearer's respiratory droplets from being spread to others.

Proper Use of a Face Covering- Surgical Mask

To Wear:

- The mask should cover your mouth, nose and chin.
- The thin metal wire along the upper edge of the mask should be gently pressed against the bridge of your nose.
- The mask can be worn for an entire day, unless it becomes soiled/damaged
- If a child touches a mask, the child's hands should immediately be washed

You may remove your mask to eat:

- do not touch the outer surface of the mask
- fold it carefully so the outer surface is folded against itself
- place mask in a clean sealable paper bag or breathable container

To dispose of your mask

- Remove by the straps
- Do not touch the surface of the mask
- Dispose of mask in a closed trash can

Daily Health Check

If you or any member of your household has any of the following symptoms, stay home and call the center

- Fever of 100.0 F or greater now or in the preceding 72 hours
- Cough
- Sore Throat
- Muscle Aches
- Difficulty Breathing