



COVID-19 Face Covering- Cloth 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- Cloth Mask

Face covering should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction

Safely use the face covering by:

- Routinely laundering (e.g., washing and drying)
- Do not touch your eyes, nose or mouth when removing
- Wash hands immediately after removing
- Always practice good hand washing, even while wearing
- If a child touches a teacher's mask, the child's hands should be washed right away

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