

# Face Covering Guidance

The Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) recommend increased use of facial coverings to complement (not replace) the social distancing and hygiene practices previously recommended to help reduce the spread of COVID-19.

## Use a cloth or non-medical grade face covering



Secure using ear loops or, if secured around the neck, must include break away system (ie, Velcro or breakaway strap)

[Video](#) for creating homemade face covering without sewing

## Precautions



**Tied Face Coverings** create safety hazards and can become entangled in rotating equipment, fans, and other mechanical components.



- If you have a health condition worsened by wearing a face covering, discuss with your primary care physician.
- Contact BU Occupational Health if your physician says you are unfit to wear a face covering.

## Applying the Face Covering



**Wash your hands** - Use anti-bacterial soap and water or hand sanitizer that contains at least 60% alcohol.



**Inspect the face covering** to ensure there are no open areas in the fabric.

The face covering should **completely cover the mouth and nose**. (No gaps between the face and the face covering (e.g. ensure a tight fit and forming of the nose wire if present).

## While You Are Wearing the Face Covering



**Avoid touching your face or the face covering.**

If you must touch your face covering, i.e. to make an adjustment, first wash hands with anti-bacterial soap and water or hand sanitizer that contains at least 60% alcohol. Do not use unclean gloved hands to adjust/touch the face covering.

## Removing the Face Covering

### If Disposable



**Wash your hands** - Use anti-bacterial soap and water or hand sanitizer that contains at least 60% alcohol.



Remove face covering and dispose in accordance with site disposal procedures, including necessary considerations for achieving social distancing and enhanced cleaning protocols.

Change once a day or when contaminated or soiled

### If Reusable



**Wash your hands** - Use anti-bacterial soap and water or hand sanitizer that contains at least 60% alcohol.



- Remove face covering
- Clean your own face covering daily using standard washing machine and laundry detergent with hot water.