

Cloth Face Coverings (Masks) COVID-19 Checklist

April 07, 2020 | [COVID-19](#)

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:

- Use coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and public parks.
- Maintain 6-feet social distancing whenever possible, even if you are wearing a face covering.
- DO NOT place cloth face coverings on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

- DO NOT use medical supply masks, which must be reserved for healthcare workers, first responders, and people who are known to be sick.
- Make cloth face coverings from household items or common materials. Use multiple layers of a fabric that does not damage or lose shape when laundered or machine dried.
- Support small businesses selling fabric masks at a reasonable price, but watch out for scammers offering high-priced or so-called superior masks.

Other Dos and Don'ts

- DO use coverings that fit snugly but comfortably and allow for breathing without restriction. Secure behind the head with ties or ear loops. Wear horizontally.
- DO NOT touch the mask while wearing it. If you do, wash your hands immediately.
- DO ensure that your nose, mouth, and chin are covered at all times.
- DO NOT allow the mask to slip under your nose and DO NOT untie straps/unhook ear loops.
- DO wash your hands before putting on and immediately after removing.
- DO NOT touch your eyes, nose, or mouth when removing the face covering.
- DO launder coverings after each use.
- DO NOT wear when wet from laundering or from spit or mucus.

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:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>.

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

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.

CORONAVIRUS DISEASE 2019 **Ohio** | Department of Health

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
OR AIR 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

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

- 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 or air dry your hands
- Cover your mouth with a tissue or sleeve when coughing or sneezing
- Avoid touching your eyes, nose, mouth with unwashed hands or after touching surfaces
- Clean and disinfect "High-Touch" surfaces often
- Call before visiting your doctor
- Practice good hygiene habits

If you have questions regarding Coronavirus/COVID-19 please call 1-833-4-ASK-ODH (1-833-427-5634)

CLEAN ALL "HIGH-TOUCH" SURFACES EVERY DAY

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

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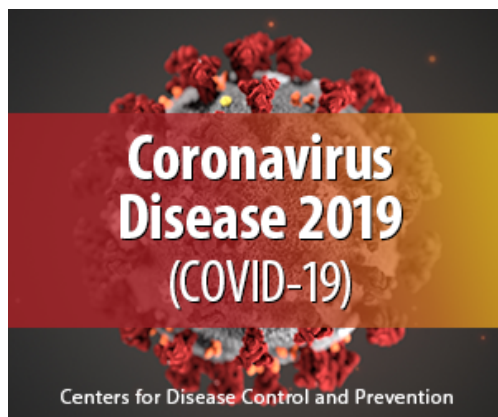
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