

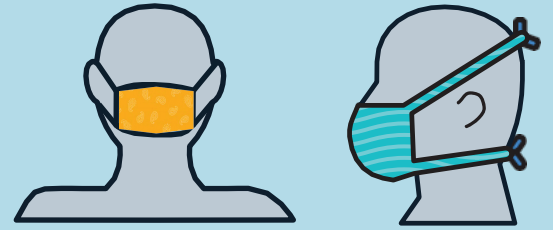


FACE COVERINGS CAN HELP SLOW THE SPREAD OF THE COVID-19

BPHC encourages people to wear a face covering when leaving home to help stop the spread of COVID-19. It is also important to wear a face covering in public settings where other social distancing measures are difficult to maintain, including grocery stores and pharmacies.

A face covering should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers
- Allow for breathing without restriction
- Be able to be washed and machine dried without damage or change to shape



Do not put cloth coverings on:

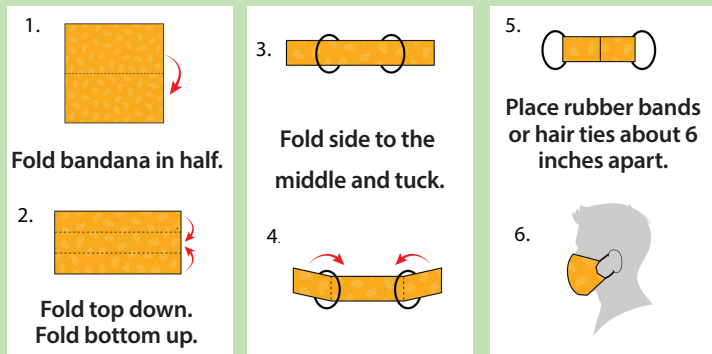
- Children under the age of 2
- Anyone with trouble breathing
- Anyone who is unconscious, incapacitated or cannot remove the face covering without assistance.

Please do not use surgical masks or N-95 respirators. These are critical supplies that must continue to be reserved for healthcare workers and other medical first responders.

HOW TO MAKE A FACE COVERING OUT OF A BANDANA:

Materials:

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)



HOW TO MAKE A FACE COVERING OUT OF A T-SHIRT:

Materials:

- T-shirt
- Scissors

