

CLOTH FACE COVERINGS GUIDELINES

According to the CDC (Centers for Disease Control), the COVID-19 virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. In light of this, they recommend wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores, pharmacies, and work) especially in areas of significant community-based transmission. These cloth coverings are strongly recommended for general campus and satellite MSU facilities. HealthTeam and Veterinary Medicine departments have their own protocols that should be followed according to their department guidelines. This will continue to be recommended until the risk of community-based transmission of coronavirus has decreased.

It is critical to emphasize that maintaining 6-foot social distancing remains important to slowing the spread of the virus. CDC is additionally advising the use of simple **cloth face coverings** to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. While these provide the wearer some protection from external sources, they are primarily designed **to protect others**, in case the wearer is infected, since individuals may be contagious while being symptom free.

References:

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

University Physicians Office <https://uphys.msu.edu/>

Environmental Health and Safety <https://ehs.msu.edu/>

FACE COVERING MATERIAL AND CONSTRUCTION

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by CDC guidance. These coverings should be constructed of washable, multilayer, breathable materials such as cotton. Instructions are available on CDC website. Homemade face coverings are perfectly acceptable. MSU will not be supplying these coverings as of the date of this document.

Do not share face coverings. Having multiple coverings may also be helpful when one needs to be laundered.

Do not wear a cloth face covering if it impedes proper use of other essential PPE

Do not wear a cloth face covering if it can be entangled in machinery or when using flammable materials

HOW TO WEAR A CLOTH FACE COVERING

Cloth face coverings 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
- be able to be laundered and machine dried without damage or change to shape



Employees should avoid the urge to touch their face without first washing their hands. Face coverings can increase the desire to touch the face more than normal.

CLEANING FACE COVERINGS

Face coverings should be washed routinely, meaning every other day or daily preferably, depending on the frequency of use. They should be washed in a washing machine with soap and the hottest appropriate water temperature setting. They should be machine dried completely and at the highest heat setting. These will not be laundered at MSU laundry.

STORING AND TRANSPORTING FACE COVERINGS

Keep in a plastic bag or similar container that prevents it from becoming contaminated while not being worn. Leave container unsealed to allow for drying if reuse prior to cleaning is necessitated by an extraordinary circumstance. Have a designated spot to store the covering especially when you are not able to wash it immediately.

DONNING AND DOFFING FACE COVERINGS

1. Wash hands with soap and water for at least 20 seconds before and after donning cloth face coverings. If unable to wash hands, employees should use hand sanitizer with at least 60% alcohol.
2. Avoid touching the inside surface of face covering when donning. If the inside of a person's face covering becomes contaminated, it provides a pathway for the virus to reach the face.
3. Ensure the covering is positioned securely when donning to minimize the need for adjustment during wearing. Fit the covering as tightly as possible while being able to breathe comfortably.
4. When an employee must remove their face covering to eat, drink, etc., or adjust during use, they should take the following steps:
 - a. Wash hands, as described in step 1
 - b. Place in plastic bag for storing
5. Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.