



# Use of Facemasks

The purpose of this document is to make widely available to our community the guidance issued by the Centers for Disease Control (CDC) for the public on when facemasks should be used. Facemasks are available in several designs and may provide some protection when used in conjunction without other precautions.

## **General Public**

Whenever possible, rather than relying on the use of facemasks, stay at least 6 feet away from persons exhibiting flu like symptoms or persons who have been diagnosed with probable or confirmed 2009 H1N1 (swine flu). If contact cannot be avoided, the use of facemasks should be considered.

## **Caretakers:**

Facemasks should be considered for individuals who must care for someone who is sick with the flu or for persons who have been diagnosed with probable or confirmed 2009 H1N1 (swine flu).

## **Sick Persons:**

Individuals who are sick should remain at home except to seek medical care. Facemasks should be worn when they are interacting with others, to cover their nose and mouth and to reduce the likelihood of spreading illness to others.

No single action will provide complete protection, but an approach combining the following steps can help decrease the likelihood of spreading illness.

- Stay home when you are sick to avoid spreading illness to co-workers and friends.
- Children with flu-like symptoms should stay home to avoid spreading illness to classmates and staff.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and mouth.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.
- Use of facemasks and distancing practices listed above.