

# CITY OF PORTLAND FACE COVERING GUIDELINES



## Face Coverings Do's and Don'ts:

### DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it when you are going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

### DON'T:

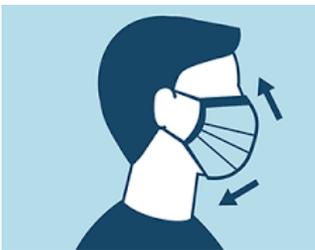
- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers



For more information, visit [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)

CDC recommends wearing face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission.

Face coverings 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 current CDC guidance.



### FACE COVERINGS SHOULD:

- fit snugly but comfortably against the side of the face
- completely cover the nose and mouth
- be secured with ties, straps, or ear loops
- allow for breathing without restriction



### HOW TO CLEAN YOUR FACE COVERING:

- A washing machine should suffice in properly washing a face covering. They should be routinely washed depending on the frequency of use.
- To protect the elastic straps during the wash/dry cycles, you can put the face covering inside a mesh laundry bag. To protect them from shrinking, use the cold water wash setting. Face coverings can either be dried in a low heat dryer or laid flat to dry.

*The cloth face covering discussed in this publication should NOT be used as a replacement for conventional and approved Personal Protective Equipment. The device has not been industry tested nor has it been NIOSH approved.*

*The publication of this guidance shall not constitute or be deemed to constitute any representation by the authors, their affiliates and the City of Portland and is intended for educational purposes only. The decision to use this device is solely your own. Face coverings are not a substitute for physical distancing or frequent hand washing.*