

## Cover Your Face - Prevent the Spread of COVID-19

### *Why wear a cloth face covering?*

Virginia's new Executive Order 63 requires Virginians to wear face coverings in public indoor settings to help contain the spread of the COVID-19. People under age 10 and with medical exemptions do not need to wear face coverings. Wearing a cloth face covering in public will help reduce the spread of COVID-19. A cloth face covering acts as a barrier to stop most germs that spread through coughing, sneezing, or talking from reaching others. Even when you wear a face covering it is still important to keep 6 feet from others when possible.

### *How should I wear a cloth face covering?*

A cloth face covering should:

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



Remember to wash cloth face coverings often. Be careful not to touch your eyes, nose, or mouth when removing the covering. And wash your hands immediately after removal.

### *Who should NOT wear a cloth face covering?*

Children under the age of 2 should not wear a cloth face covering. Anyone who has trouble breathing, is unconscious, or unable to remove the covering without assistance should not wear a face covering.

### *Can I make my own cloth face covering?*

Cloth face coverings can be made from household or low cost items. Instructions for making your own can be found at [www.cdc.gov](http://www.cdc.gov).

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

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