

Protecting Yourself and Others Against the Spread of Coronavirus

At FEMA, it is the responsibility of each employee, contractor, and visitor to take proper precautions that ensure health and safety of those coming into our workspace. FEMA continues to follow U.S. Department of Health and Human Services (HHS), Centers for Disease Control and Prevention (CDC) and DHS guidance. All employees and visitors to FEMA facilities are authorized to wear face coverings developed following the [CDC guidance](#).

Considering recent data about how the Coronavirus Disease 2019 (COVID-19) spreads before people become sick (“pre-symptomatic”) or people without symptoms (“asymptomatic”), the CDC recommends use of cloth face coverings as an additional public health measure to prevent and mitigate the spread of the virus to those around them. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Important items to note about these cloth face coverings include:

- Cloth face coverings can be worn when in FEMA facilities or public settings as an additional precaution and **does not replace proper social distancing**; and
- A cloth face covering **does not protect** the wearer, but it **can help prevent** the spread of virus from the wearer to others.

The CDC recommends staying a minimum of six feet away from other people. Although little is known how often pre-symptomatic or asymptomatic transmission occurs, mitigation measures taken by people who are infected, but not sick, are integral to preventing the spread of COVID-19.

We encourage all employees to stay informed by reviewing the [CDC COVID-19 website](#) and the [FEMA Coronavirus Employee Resources](#) page.

Thank you for doing your part to protect each other and our workspace.

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Face Cover

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

CDC on Homemade Face Covers

CDC recommends wearing cloth 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.

CDC also advises 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. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

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 current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

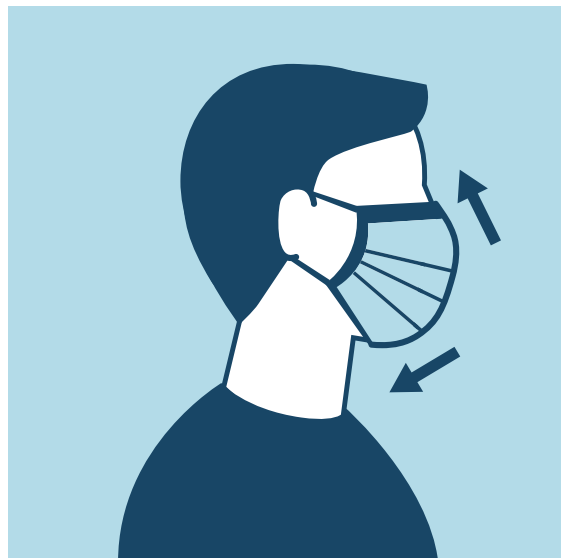
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face cover?

A washing machine should suffice in properly washing a face covering.

How does one safely remove a used face cover?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

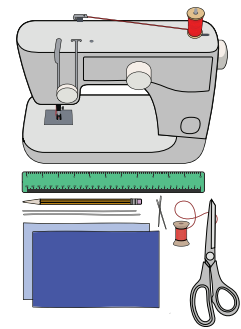


cdc.gov/coronavirus

Sewn Face Cover

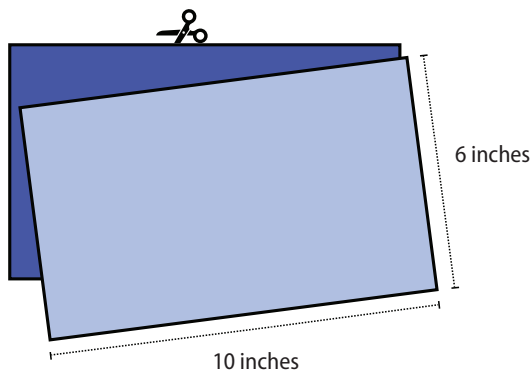
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

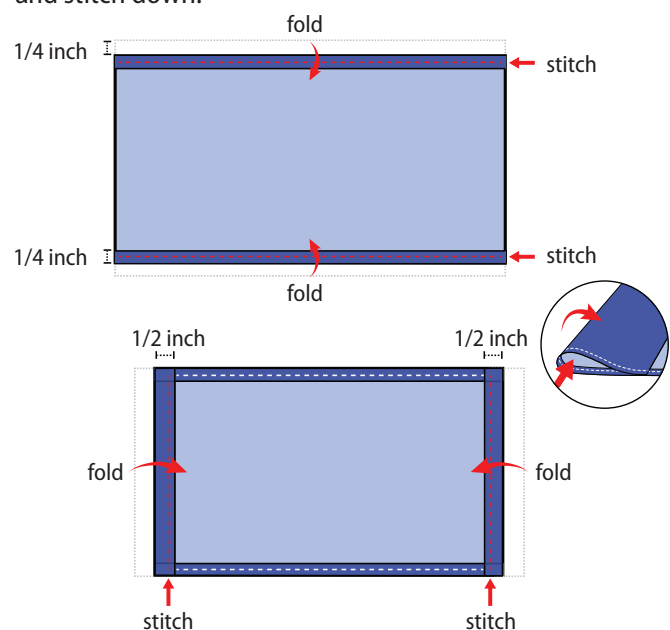


Tutorial

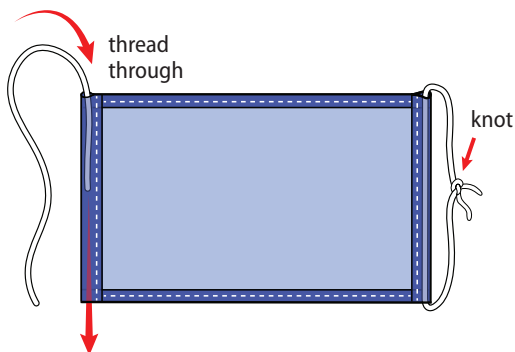
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



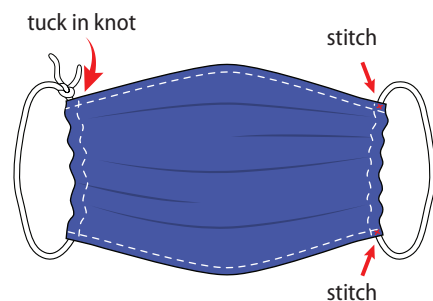
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

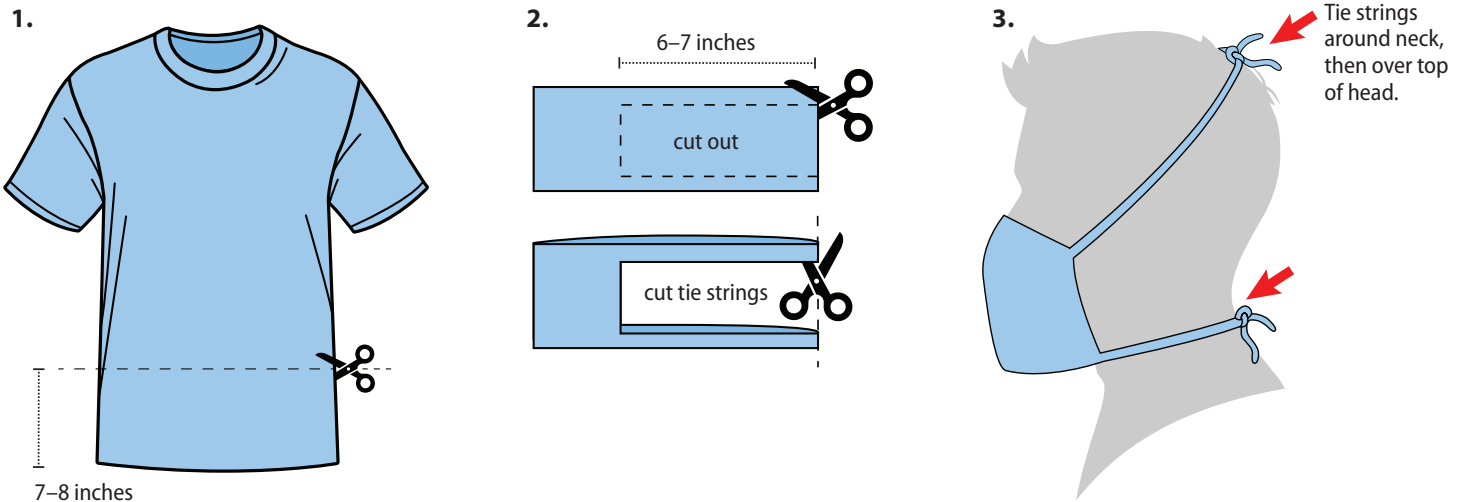


Quick Cut T-shirt Face Cover (no sew method)

Materials

- T-shirt
- Scissors

Tutorial



Bandanna Face Cover (no sew method)

Materials

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

Tutorial

