

HOW TO SELECT AND WEAR YOUR FACE COVERING AT SCHOOL

All HSE students and staff are required to wear a face covering.

Masks help stop the spread of COVID-19 to others. It is recommended by the Centers for Disease Control and Prevention (CDC) that you wear masks in public settings around people who don't live in your household and when you can't stay 6-feet away from others.

The most recent guidance from the CDC on face coverings is as follows:

- Wear masks with two or more layers.
- Wear the mask over your nose and mouth and secure it under your chin.
- Masks should be worn by people two years and older.
- The CDC does not recommend the use of gaiters or face shields. Evaluation of these face coverings is on-going, but effectiveness is unknown at this time.

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators

Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



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A face shield may be worn situationally:

- During instructional time when staff or students need to see mouth movements. The face shield should be replaced with a mask when the need concludes.
- A healthcare provider recommends a face shield is a better alternative for the individual.