



REVISED Guidance for the General Public for Face Covering “Stay in Your Place, Maintain Your Space, and Cover Your Face”

Date: April 6, 2020

From: Andrew Woodruff, Public Health Director

In the first few weeks of the outbreak, there have been many different messages from officials regarding the use of the face masks for the general public. Plumas County Public Health Agency (PCPHA) is following the changing guidelines and has researched the available information on the use of face masks/face coverings for the general public.

The United States Surgeon General, Jerome Adams, and the CDC are recommending the use of face coverings by the general public. The rationale behind this decision is that asymptomatic people can transmit the virus. PCPHA is now **recommending** that the general public wear face coverings in public. Plumas County Public Health is in agreement with Placer County Public Health; who has also recommended that the public wear face coverings in public. Please see video for further information: www.plumascounty.us

The following are examples of face coverings:

- Homemade cloth masks covering the nose and mouth
- Bandanas fashioned to cover the nose and mouth
- Scarves worn over the nose and mouth

A study published by Cambridge University Press, found that both homemade cloth masks and traditional surgical masks significantly reduced the amount of potentially infectious droplets expelled by the **wearer**, though surgical masks were **three times** better for preventing transmission.

What does it mean:

- Cloth masks/coverings are **less effective** than medical masks, but their use, even if imperfect, is better than nothing at helping limit the spread of the virus.
- Using a face covering does **NOT** mean that it is okay to relax social distancing and hand washing measures. **Social distancing and stay at home orders remain in place and are critical to slowing disease spread.**
- Homemade masks/face coverings that are re-used have the potential to hold onto viruses and bacteria. If you are using a homemade cloth face mask, frequently wash it with hot water and soap, let completely dry, and iron before each use to get rid of infectious droplets.
- Do not use a face covering with unwashed or un-sanitized hands. Be aware that it is very easy to accidentally touch your face if you are adjusting your covering, so ensure the face covering is secure.
- Avoid close contact with people who appear unwell or sick even when wearing a face mask/covering.
- It is very important to wash your hands frequently with soap and water to reduce the spread of the virus from your hands to your face.
- Do not purchase masks designed for health care professionals. N95 and surgical masks are designed to protect those who are working in high risk situations with a likelihood of exposure. Instead, make your own mask or purchase one from an online small business.

- Businesses should consider obtaining homemade or cloth masks for their employees as part of their current safety protocol. Businesses should also consider non-punitive policies that encourage employees to wear masks while at work.

For additional information, please visit Plumas County website: www.plumascounty.us or call 530-283-6400 or send e-mail to COVID19@countyofplumas.com