



Department of Public Health
www.fcdph.org

Public Health Notice

COVID-19

Masking Guidelines

April 3, 2020

COVID-19 can spread even when someone is not showing symptoms. Studies have identified this as a possible risk and has led to a change in guidance.

1. Masks may not keep the wearer safe, but they can reduce the transmission of COVID-19 by the wearer (with or without symptoms) to others.
2. Staying home, social distancing (staying 6 feet away from people) and handwashing are most effective. Wearing a mask DOES NOT replace the importance of these strategies.
3. If you must make a trip outside of your home, a mask may reduce transmission.
4. Surgical masks are best; however, we know there are not enough of these in supply and should be reserved for healthcare workers and others involved in public safety first.
5. The Fresno County Department of Public Health encourages Fresno County residents to wear cloth masks that are reusable after washing. Surgical masks may be used while waiting for cloth masks to become available. If sewing is a skill of yours, this is an opportunity to help the community by making masks for others.
6. If you are wearing a cloth mask, you should ensure that you are washing them with hot water and soap. For this reason, having a few on hand would make sense.
7. Wash your hands before you put the mask on and after you take it off.
8. **If you are showing any signs of illness, you MUST stay at home.**
9. If you are making your own mask, simple patterns from the internet can be used, but the patterns that have 4 layers are most effective. Remember that pleats add layers, so these are important to leave in as part of the design if the pattern requires it.
10. For additional information and updates, contact the Fresno County Department of Public Health or visit www.fcdph.org/covid19.

Tutorials/ patterns for homemade masks (THERE ARE MANY OTHERS BUT 4-LAYER COTTON / BREATHABLE FABRICS ARE BEST): www.deaconess.com/mask