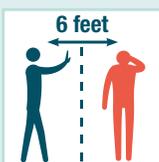# Should I Wear a Cloth Covering for My Nose and Mouth Because of COVID-19?

Stay home, save lives.

The best way to stay healthy and prevent the spread of COVID-19 is to stay home. Also, limit things you do outside your home.

If you have to leave your home for things you must do:

- Keep 6 feet between you and all other people.
- Wash or sanitize your hands after contact with any surface.
- Avoid groups and contact with other people

If you need to leave your home and cannot keep 6 feet between you and all other people:

- Wear a cloth covering for your nose and mouth to protect others from getting sick. Do so, even if you feel well and are not showing symptoms.
  - » Do not place a cloth covering for the nose and mouth on children under age 2, anyone who has trouble breathing or who cannot remove the covering themselves.
- Help conserve medical facemasks for health care workers who treat patients with symptoms.

Some people need to see mouth movements or facial expressions to know what you are saying.

- Any face covering may block their view.
- Please be sure you have another way to communicate with them. For example, you could use a notepad or a speech-to-text phone app.

For more information about cloth coverings for your nose and mouth, visit:

healthoregon.org/coronavirus or **Centers for Disease Control and Prevention**

You can get this document in other languages, large print, braille or a format you prefer. Contact the Public Health Division at 971-673-0977. We accept all relay calls or you can dial 711.

OHA 2270 (04/20/2020)

Oregon Health Authority

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