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2019 Novel Coronavirus: Recommendations on the Use of Cloth Face Coverings

(Hardyston, NJ) The Centers for Disease Control and Prevention (CDC) has expanded its recommendations regarding the use of cloth face coverings in slowing the spread of COVID-19. Recent research has suggested that a significant number of people who test positive for COVID-19 have mild or no symptoms, and those who develop symptoms can transmit the virus before symptoms appear. This indicates that the virus can spread between people who are not showing symptoms. To combat such spread of the virus, the CDC now recommends the use of cloth face coverings in settings where social distancing is difficult, such as in a grocery store or other public place.

Cloth face masks can be made at no or low cost from common household items. They 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, and be able to be laundered and machine dried without damage or change to its shape.

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Please visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html> to see a video from the United States Surgeon General on how to make a cloth face mask at home, and for specific recommendations and safety considerations regarding the use of cloth face masks during this public health crisis.

The CDC has also emphasized that social distancing is still vitally important in slowing the spread of the virus, and that the use of cloth face masks is an additional, voluntary public health measure in the fight against COVID-19. Please refer to the Centers for Disease Control and Prevention at www.cdc.gov for more information.

Residents are encouraged to visit the Sussex County website at <https://sussex.nj.us/covid19> for the latest information on COVID-19 from the New Jersey Department of Health and the Centers for Disease Control and Prevention. Residents can also call the Sussex County Division of Health COVID-19 Hotline at 973-579-9488 to speak with a Division of Health staff member or Sussex County Medical Reserve Corp volunteer. The Hotline's hours of operation are Monday through Friday from 9:00 a.m. to 4:00 p.m.

The New Jersey Poison Control Center and 2-1-1 have partnered with the State to provide information to the public on COVID-19. Residents may call 2-1-1 or 1-800-962-1253 or text NJCOVID to 898-211.

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