UCLA COVID-19 Response
CAMPUS ESSENTIAL STAFF

REDUCE THE SPREAD OF COVID-19

Wash Your Hands

20s scrub

Maintain Your Space

6 Feet

Cover Your Face

Bandana   Neck Gaiter   Homemade
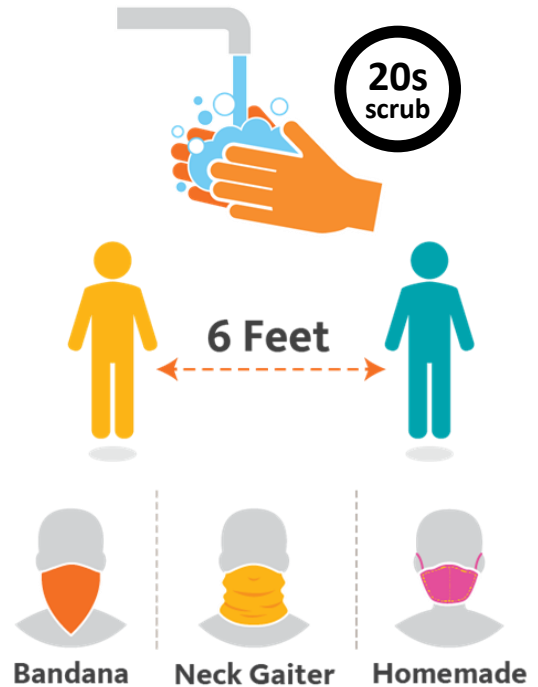
Remember:

- **Use your cloth face covering** – see reverse side for more information.
  - Wash hands before and after use.
  - Avoid touching eyes, nose and mouth when putting on or removing.
- Wash hands frequently (wet, lather, scrub, rinse and dry).
- Avoid touching your face with unwashed hands.
- Practice safe and physical distancing.
- **<u>Do not</u>** come to work if you are sick.
- Avoid touching surfaces in high-traffic areas shared by many.

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WHY CLOTH FACE COVERINGS?

CDC has advised the use of **CLOTH FACE COVERINGS** to limit the transmission of the virus in public places. Since cloth face coverings are not intended to prevent the wearer from exposure to COVID-19, individuals should continue to practice the proven protective measures against the virus. Cloth face coverings are meant to supplement (but not substitute for) measures such as safe and physical distancing (6-feet) and frequent hand-washing, which continue to be the most effective methods for reducing the spread of COVID-19.

WHEN SHOULD YOU WEAR THEM?

Cloth face coverings should be worn anytime you interact with the people outside your household, including your time on the job as an essential employee. Even when wearing a cloth face covering, practice safe and physical distancing from those around you and wash your hands after touching surfaces.

PUTTING ON YOUR CLOTH FACE COVERING:

- Perform hand hygiene before handling the cloth face covering. (Wash your hands for 20 seconds; if you don't have soap and water, use hand sanitizer.)
- Wear the clean cloth face covering by securing it around the back of your head or behind your ears.
- Wear the clean cloth face covering over your mouth AND nose.
    o Make sure it fits snugly but comfortably against side of the face.
    o Make sure hands are clean if any adjustments are needed.

TAKING OFF YOUR CLOTH FACE COVERING:

- Perform hand hygiene before removing the cloth face covering. (Wash your hands for 20 seconds; if you don't have soap and water, use hand sanitizer.)
- Carefully remove the face covering by loosening the ties or ear loops.
- Do not touch your eyes, nose or mouth when removing face covering.
- Place used cloth face covering in a clean bag or container to be stored until reused or cleaned.
- Perform hand hygiene immediately after removing cloth face covering.

HOW OFTEN SHOULD I CLEAN MY CLOTH FACE COVERING?

- It is recommended that the face covering be washed (at least) daily per CDC guidelines when used.
- Wash items as appropriate to the cloth material or in accordance with manufacturer instructions.
- If possible, launder items using the warmest appropriate water setting and dry completely before storage and reuse.
- Store clean cloth face-covering in a clean bag or container until it can be reused.
- Containers used to store used or dirty face coverings should be cleaned prior to reuse.

If you have additional questions about using your cloth face coverings, please ask your supervisor.
For general questions, contact covid19@ucla.edu.