



News Release

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**Centers for Disease Control and Prevention Recommend
People Wear Homemade Masks to Reduce Spread of COVID-19**

For Immediate Release

(COLUMBUS, Neb.) – The Centers for Disease Control and Prevention recently released new guidance on the use of face masks or coverings. The CDC now recommends that people wear cloth face coverings in public places where social distancing measures are hard to maintain such as grocery stores and pharmacies.

This guidance applies to everyone – not just people who are sick. That is because recent studies have shown that a significant percentage of people with COVID-19 are asymptomatic or do not show symptoms. Also, people with COVID-19 may pass on the disease to others even before they show symptoms.

By wearing a mask, people can reduce the chance that they will spread COVID-19 to others – whether or not they show symptoms.

The cloth face coverings recommended by the CDC are not surgical masks or N-95 respirators, which are critical supplies that must continue to be reserved for health care workers and other medical first responders. Instead, the CDC is recommending people create cloth face coverings from household items or other low-cost materials.

Cloth face coverings should not be placed on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

All other people should wear a cloth face covering that fits snugly, but comfortably, against the side of the face, is secured with ties or ear loops, includes multiple layers of fabric and allows for breathing without restriction.

When removing used cloth face coverings, people should be careful not touch their eyes, nose, and mouth and they should wash their hands immediately after removing the covering. The cloth face coverings can be safely cleaned and sterilized by washing them in a washing machine and thoroughly drying them in a dryer.



These new face covering guidelines complement, but do not replace, other guidelines from the President's Coronavirus Guidelines for America, 30 Days to Slow. In particular, it is still very important to maintain the 6-foot social distancing guidelines to slow the spread of the virus.

Instructions on how to create sew and no-sew face coverings are available on the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

For the latest on CCH's COVID-19 policies and response, visit www.columbushosp.org.

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