

FACE COVERING & MASK INFORMATION

to help slow the spread of COVID-19

The Centers for Disease Control and Prevention recommend that members of the general public use cloth face coverings in public settings where other social distancing measures are difficult to maintain, especially in areas of significant community-based transmission. The goal of wearing these masks is to slow the spread of COVID-19 infections. [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover)

Social and physical distancing must also be observed to slow the spread of the virus, even when a mask is worn. [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing)



Several types of masks can be worn at this time, but only a cloth face covering is recommended for use by the general public as shown in the image above.

Cloth Masks/Face Coverings at Shenandoah

While on Shenandoah University's campus, face masks/face coverings are mandatory in all public indoor spaces and in outdoor areas where social/physical distancing (a minimum of 6 feet between people) cannot be maintained.

Please bring several masks with you if you're living on campus, so that you are always wearing a **clean** mask on a daily basis.

- The university has acquired face masks featuring Shenandoah images, which are available for \$5 each, and a mask is being donated to an incoming Shenandoah student for each mask sold. The four-ply **cloth masks are available online** at su.edu/health-wellness/health-wellness-home/purchase-your-shenandoah-face-mask and can be picked up on main campus
- You can also **make your own** non-medical cloth face covering by following the video instructions at the bottom of the page from the CDC: [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering)
- Information about **caring for cloth masks** are also available at [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings)
- To learn more about **wearing a face covering**, visit the CDC at [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings)

According to the CDC, cloth face coverings 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
- Be able to be laundered and machine dried without damage or change to shape

Remember to wear and remove your mask safely.

- Wash your hands thoroughly (for at least 20 seconds) or use an alcohol-based hand sanitizer if washing is not possible, before putting on your mask and after removing it
- Refrain from touching the front of the mask as you wear it
- Remove your mask by lifting its ear loops up and away from your face, or by holding the mask's ties