

Schoharie County Youth Bureau Outdoor Adventure Program COVID-19 Protocol Manual

Created by Schoharie County Youth Bureau

Parent Handbook

(This document is the current guidelines for the Schoharie County Youth Bureau based on guidance from the New York State Department of Health and CDC. These guidelines may be updated to reflect new guidance from the New York State Department of Health and CDC.)

Schoharie County Youth Bureau Adventure Program Handbook

We are the Schoharie County Youth Bureau and we're so excited to provide multiple outdoor trips throughout the summer season. We have developed this handbook to ensure clear instruction how to register, properly pack for the day, and the policies we put in place to keep everyone safe while having fun. Our staff is well adapted, highly skilled, and trained to lead groups of youth on the diverse adventures we have planned for this season.

The Youth Bureau is working with the Schoharie County Health Department and Office of Emergency Services to create COVID-19 specific guidelines to ensure the safety and quality of our outdoor experience. We have reviewed a diverse range of current operating summer camps and referred to national, state, and local requirements when designing our summer adventure program. It is imperative to educate your child of all the rules pertaining to proper hygiene and social distancing.

History of the Youth Bureau

The Schoharie County Youth Bureau was created in 1986 by a resolution of the State Legislature. The Youth Bureau has an Advisory Board that is appointed by the County Legislature. Youth Bureaus in New York State receive state funding through the Office of Children and Family Services, and they allocate these funds to municipalities, youth programs, and youth servicing agencies. We monitor these programs and help where needed. The Schoharie County Youth Bureau also plans, coordinates, and supplements the activities of public and private agencies devoted to the welfare and protection of youth by:

- Promoting positive youth development
- Assessing local youth needs and developing strategies to meet those needs
- Planning and coordinating services
- Allocating state money to youth programs
- Advancing youth participation
- Determining funding priorities and allocating resources
- Promoting partnerships and networking
- Monitoring and evaluating youth programming

Contact Information

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Attendance

Attendance is vital to the success and efficiency of our program. There are a lot of youth that want the opportunity to participate in our adventure program and contacting the Youth Bureau as soon as reasonably possible in the event your child cannot attend can ensure all spots will be filled.

Cell Phone Policy

The overall goal is to assist Youth to disconnect from their digital reality and to connect with the community and experience we are providing. We want to make a conscious effort to be present in the moment through engagement and challenge to accomplish our awesome adventures. We highly recommend leaving cell phones at home. We are not responsible for loss or damaged electronics. Participants would be allowed to use them within the vans. Participants can use cell phones in the vans, this includes listening to appropriate music and playing appropriate games. We ask participants to not take pictures/videos of other youth, watch videos, play loud offensive music, and surf inappropriate websites.

Lunch

We ask that each youth bring their own lunch and water bottle. All participants will be asked to follow the guideline below:

1. Participants cannot share any food or drinks among each other except when the participant are from the same household.
2. Participants must sanitize their hands before and after lunch.
3. Participant will practice 6-12ft social distancing during the entire duration of lunch.
4. Any plastic wrapping/trash can be thrown away in a public trash bin or taken home to dispose of.
5. The Youth Bureau will have single use water bottles in the event of a youth needing extra water.

Staff Protocol

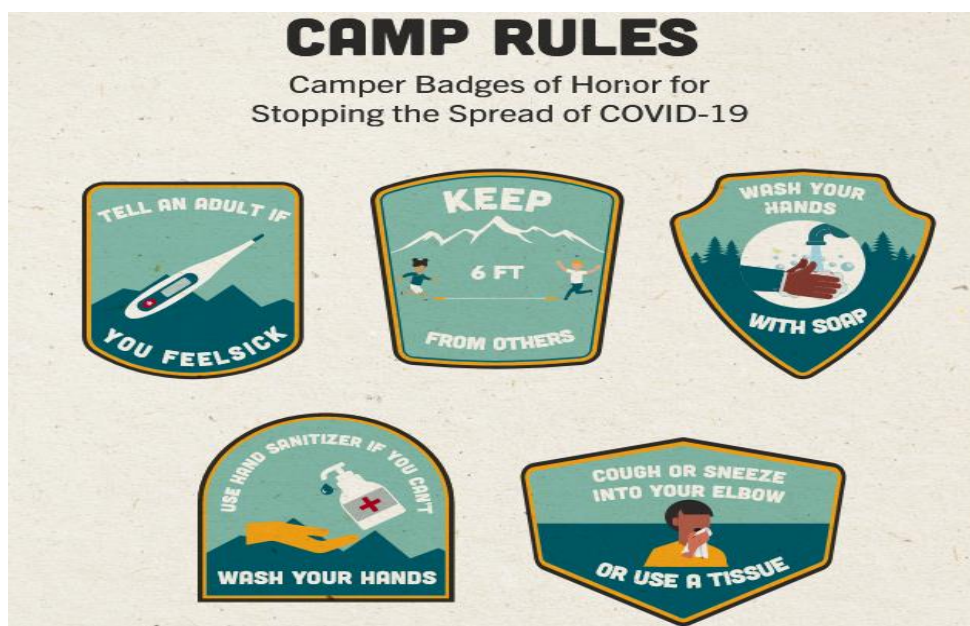
The Youth Bureau staff will diligently follow all COVID safety protocols to ensure the highest standard of compliance. The list below is steps put in place to sanitize, communicate, and facilitate our outdoor experience to the best of our ability.

1. Set up designated area in front of the Schoharie Village Pool to conduct daily health screenings for the incoming participants.
2. Set up Hygiene station.
 - a. Hand sanitizer.
 - b. Paper towels.
 - c. Disposable masks.
3. Sanitize van.
 - a. Before youth arrive.
 - b. On the trip.
 - c. When the Youth Bureau returns to the facility at the end of the day.
4. Communication
 - a. Parent handbook.
 - b. The Youth Bureau will create and deploy signage throughout the facility and vehicle to address protocols and recommendations in the following areas:
 - i. Proper use of personal protective equipment (PPE).
 - ii. Acceptable face coverings and requirements related to their wear.
 - iii. Hand hygiene.
 - iv. Adherence to social distancing instructions.
 - v. Symptoms/prevention of COVID-19.

COVID- 19 Camp Guidelines

The website links below are the documents that the Youth Bureau utilized when creating a COVID-19 adapted summer adventure program.

1. New York State Guidelines for childcare and day camps.
 - a. https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/Child_Care_Daycamps_Detailed_Guidelines.pdf
2. American Camping Association Field Guide on implementation of CDC guidance.
 - a. <https://acacamps.app.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag>
3. CDC readiness and planning tool.
 - a. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/COVID19-events-gatherings-readiness-and-planning-tool.pdf>
4. COVID specific rules will be monitored by the Youth Bureau staff throughout the day to ensure a safe and memorable experience. Participants will be expected to keep social distancing, proper hygiene practices, and report any symptoms they may experience during the day.
5. Using your best judgement, please assess if your child fully understands the seriousness of following the COVID-19 specific rules.
 - a. If you do not feel that your youth **cannot** follow the protocols put in place by national, state, and local requirements, we ask that you refrain from signing your youth up for our program.
 - i. We will work diligently to educate, encourage, and remind youth to follow the guidelines.
 - ii. If a youth is refusing to practice proper social distancing after a Youth Bureau staff has talked to the youth, the Youth Bureau staff will use their professional assessment to separate them from the rest of the group to ensure everyone safety and enjoyment of the activity.
 - iii. We do not ever want to hinder the positive experience gained when in the outdoors but the safety of all our participates is of the utmost importance. We will do everything in our power to educate, encourage, and remind youth to comply with our guidelines to ensure a memorable experience for all.
 - iv. Please contact the Youth Bureau is you have any questions or concerns. We are happy to clarify any of this information and accommodate to the best of our ability.



Staff Screening

1. Prior to Youth Bureau staff starting work, they will be required to conduct and pass a daily health screening exam.
 - a. Temperature checks will be done, and a questionnaire will be completed.
 - b. Any Youth Bureau Staff who does not pass the daily health screening will not be permitted to attend the trip or have any contact with any of the youth participating in the program.

Participant Arrival

1. The Youth Bureau staff will be wearing their Schoharie County Id badges, staff shirts, mask, and gloves.
 - a. Staff members will direct participants to the parking lot in front of the Schoharie Village Pool to conduct daily health screenings.
 - b. A Youth Bureau staff member will conduct temperature checks and health questions for each youth upon arrival.
 - i. A copy of the daily health screening questionnaire is included in the appendix.
 - ii. If the youth does not have a proper face covering, the Youth Bureau staff will provide a proper disposable mask for the duration of the trip.
 - c. Parents and their child will remain in their cars if possible, during the health screening process.
 - d. If a child does not pass the daily health screening, the following steps will be taken:
 - i. If a youth does not pass the daily health screening, the youth must return home with the parent.
 - ii. An employee, parent/guardian, or child who screens positive for or exhibits symptoms of COVID- 19 must not be allowed to enter the facility or area and must be sent home and not allowed to attend the trip.
 - iii. The Youth Bureau is responsible to notify the Schoharie County Health Department in the case that child does not pass the daily health screening and the parent/guardian is responsible to contact the Schoharie County Health Department if the test results are positive for COVID-19.
2. After all youth are processed through the health screening, they will exit their vehicle with a proper face covering and visit the hygiene station to
 - a. Sanitize their hands.
 - b. After visiting the hygiene station participants will:
 - i. The Youth Bureau will indicate where to properly social distance themselves while waiting for the Youth Bureau to complete all daily health screenings.
 - ii. Once all Youth have arrived, they will be briefed on the specific COVID-19 rules and policies to be followed for the entire duration of the program.

During the Program

1. Transportation
 - a. Participants will be required to wear a mask; youth will be seated to maximize distance within the van.
 - b. Each person sanitizes their hands and will enter starting from the back of the van to the front, row by row.
 - c. Members of the same household may be seated within 6 feet of each other while wearing a mask.
 - d. COVID-19 related signage will be posted within the vehicle.
 - e. We will follow the 50% capacity limit per vehicle.
 - f. There will be no eating or drinking inside of the vehicle.
 - g. Located in the vehicle
 - i. Hand sanitizer.
 - ii. Disposable mask.
 - iii. Disinfectant spray.
 - iv. Paper towels.
 - v. Trash bags.
2. Arrival to trip location.

- a. When we arrive at the destination youth will exit the van one at a time from the front row working to the back row, one row at a time.
 - i. The vehicle(s) will be disinfected after all youth and equipment are vacated.
- b. Before the activity begins youth will be reminded of the COVID-19 specific guidelines while social distancing and will sanitize their hands. Youth Bureau staff will carry extra mask and hand sanitizer.

3. Activities.

- a. During the activity, social distancing practices will be followed, and face coverings will be worn when the group is unable to social distance.
- b. No outdoor gear/equipment will be shared between youth.
- c. During breaks and lunch, the youth will practice proper hygiene etiquette and social distancing.
 - i. When 6-12ft distance can be accomplished, mask can be removed.
 - ii. No sharing of food or drinks will be permitted.
- d. When passing the general public, youth will put on their mask and maintain a 6-12ft distance whenever reasonably possible.
- e. Youth Bureau Staff will carry extra mask and hand sanitizer during the activity.

Hiking

- The Youth Bureau will choose appropriate hiking destinations that all levels of youth can accomplish.
- There will be multiple breaks while socially distancing to remove face coverings when 6-12ft distance can be achieved. This will allow youth to re-hydrate and rest.

Canoeing

- Canoes will be sanitized before and after each use.
- Paddles will be sanitized before and after each use.
- PFD's (personal floatation device) will be sanitized before and after each use.
- Youth will not be able to share/swap canoe paddles and PFD's for the entire duration of the trip.
- Participants will be required to wear a face covering when entering and exiting the canoe
- Mask must be worn in canoe if 6 ft cannot be maintained with their canoe partner and with other nearby canoes.
- Youth Bureau staff members will handle the loading and unloading of the canoes and equipment.

Biking

- Bikes and helmets will be sanitized by the Youth Bureau staff before and after each use.
- Participants will be assigned a bike and helmet to be used for the entire duration of the trip.
- When biking, youth can take off their mask if 6-12ft social distancing can be achieved.

First Aid

- If first aid must be administered, a Youth Bureau staff member will wear the appropriate PPE (Personal protective equipment) while administering first aid.

Participant Departure

1. When the Youth Bureau return from a trip, the youth will:
 - a. Exit the van starting from the front to the back while wearing a mask and social distancing to the best of their ability.
 - b. Sanitize their hands.
 - c. Social distance while waiting for their parents/guardians to pick them up.

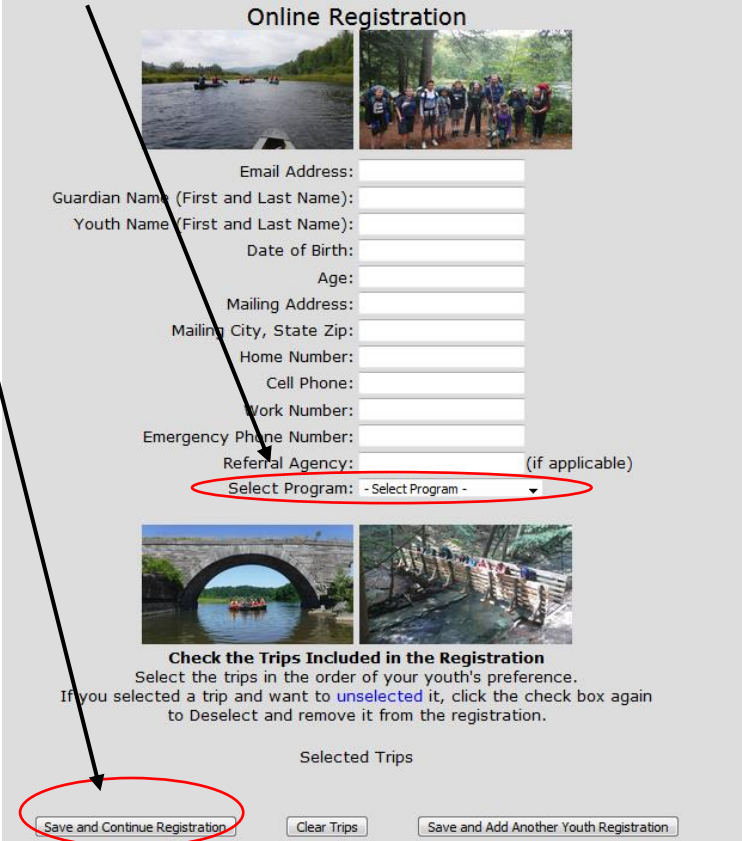
2. Based on the New York State guidelines we ask parents/guardians to please limit as much as possible an alternate parent/guardian to pick up the youth at the end of the day.
 - a. It is best practice for the same parent/guardian to drop off and pick up their youth from the Youth Bureau if possible.

Supply List for participants

1. Day pack (backpack)
 - a. Sunscreen and bug spray.
 - i. Youth must bring their own sunscreen and bug spray to administer themselves.
 - ii. They cannot share sunscreen and bug spray with any other participant.
 - iii. The Youth Bureau will not supply any sunscreen and bug spray.
 - b. Lunch.
 - c. Water Bottles.
2. Clothing.
 - a. Comfortable moisture wicking clothing (anything but cotton) is recommended for our trips.
 - i. It is recommended to wear clothes that are ok to become dirty during our trips.
 1. For water activities, it is recommended to bring a dry set of clothing and a towel.
 - b. Proper footwear.
 - i. Sneakers/Hiking Boots.
 1. No flip flops or open toed shoes.
3. Optional.
 - a. Sunglasses/sunglass lanyards.
 - b. Hat.
4. The Youth Bureau Provides.
 - a. Canoes/Paddles/PFDs.
 - b. Bicycles/Helmets.
 - c. Instruction.
 - d. First Aid Kits.
 - e. Dry bags.
 - f. Transportation to and from the Youth Bureau.

How to Register Online

1. Copy and paste this URL to your internet browser.
 - a. <https://www2.schohariecounty-ny.gov/YouthProgramRegistration/>
2. Fill out all of the blank boxes> Select Program> Once they are all filled, click “Save and Countinue Registration”.



The screenshot shows the 'Online Registration' form. It includes fields for Email Address, Guardian Name, Youth Name, Date of Birth, Age, Mailing Address, Mailing City, State Zip, Home Number, Cell Phone, Work Number, and Emergency Phone Number. A 'Referral Agency' field is present with '(if applicable)' next to it. Below this is a dropdown menu labeled 'Select Program: - Select Program -', which is circled in red. At the bottom of the form, there are three buttons: 'Save and Continue Registration' (circled in red), 'Clear Trips', and 'Save and Add Another Youth Registration'. Two arrows point from the left side of the page to the 'Select Program' dropdown and the 'Save and Continue Registration' button. The form also features two rows of images: the top row shows a river with kayakers and a group of people outdoors; the bottom row shows a stone archway over a river and a wooden bridge over a stream. Below the images, the text reads: 'Check the Trips Included in the Registration. Select the trips in the order of your youth's preference. If you selected a trip and want to unselected it, click the check box again to Deselect and remove it from the registration.' Below this text is a section titled 'Selected Trips'.

3. Select each trip that you would like to participate in.
 - a. The Youth Bureau will create a roster list for each trip.
 - b. Once the Youth Bureau assigns each registered youth, a confirmation packet will be sent to you with the information/forms to fill out.

Appendix

Forms

An important part of our pre-trip preparations is completing all the necessary forms for your child. These forms can all be found on our website to be filled out and emailed, faxed, or mailed in. There will also be copies of the forms in the appendix.

Email: Youth@co.schoharie.ny.us **Fax:** (518) 295-2094 **Mail:** PO Box 233, Schoharie, NY 12157

All medical/wavier forms must be completed and handed in the morning of the program before the Youth Bureau can conduct a daily health screening.

Appendix

1. **Waiver**
 - a. Parents will provide the most up-to-date information on your youth so our health staff can best care for your youth should the need arise.
2. **Photo Release**
 - a. The form allows us permission to use photos that are taken on our trips as promotional material (Newspaper, social media, etc.). We will not use any material where your youth can be easily identified if you choose to not allow a photo release of your youth. Youth's privacy is important to us and we want to make sure to respect your preference.
3. **Medical information**
 - a. The Medical information is needed to properly understand any pre-existing medical conditions, be aware of potential complication while on the trip, and have alternate contacts to pick the youth up from our program.
4. **Pick up & Drop off location**
 - a. This map illustrates where the Youth Bureau's registration area will be and where parents/guardians can park while waiting for their child(s) health screening is completed.
5. **Signage**
 - a. Proper use of personal protective equipment (PPE).
 - b. Acceptable face coverings and requirements related to their wear.
 - c. Hand hygiene.
 - d. Adherence to social distancing instructions.
 - e. Symptoms/prevention of COVID-19.
6. **Daily health screening**
 - a. The daily health screening will be conducted by a Youth Bureau staff for each participant upon arrival to the Youth Bureau. The health screening document will be placed in a folder and kept in the office.
7. **Youth Bureau staff cleaning checklist**
 - a. The checklist will ensure proper disinfecting of commonly touched areas and the van.

Schoharie County Youth Bureau
Medical/ Participant & Photo Release Form

Date _____

Youth's Name: _____ Date of Birth: _____
Address: _____ Age: _____
Parent/ Guardian's Name: _____ Relation: _____
Address (if different than youth's): _____
Phone Number: (home) _____ (cell) _____

The Schoharie County Youth Bureau's adventure experiences use a variety of **activities including warm-ups, games, team building exercises, and service-learning projects. These, in addition to the adventure activities, may require physical labor (i.e. hiking, paddling, horseback riding, and rock climbing, etc.).** While some of these activities can be physically demanding, they are designed to be within the capability of anyone who is in reasonably good health.

All activities are presented on a "Challenge by Choice" basis. This means that youth choose their own level of participation. **Although safety is a very high priority for all our experiences, there is a risk, which must be assumed by each youth that he or she may suffer an emotional or physical injury.**

Participants attending an adventure experience are required to hold their own health/accident insurance coverage. The information requested on this medical information form is intended to help inform staff of any pre-existing medical conditions, and to help determine if consultation with your physician is recommended prior to participating in an experience. If you have a pre-existing medical condition, participation in some of the more strenuous activities may not be recommended. This information will be kept in strict confidence by the Schoharie County Youth Bureau and only shared with your permission.

Participant Release of Liability

I affirm that the medical information, which has been provided, is accurate and complete. I understand that failure to disclose this information could affect my own safety and those around me, and I agree to hold the Schoharie County Youth Bureau harmless if full disclosure of a pre-existing medical condition has not been provided.

I understand that parts of the Adventure Experience may be physically and emotionally demanding. **I have read the parent handbook to review the most up-to-date policies and I agree to follow all safety instructions given, including the new COVID-19 procedures by the Youth Bureau staff.** I recognize the inherent risk of injury or disability that could result from any of these activities. I release Schoharie County, Schoharie County Youth Bureau, its staff members, and all its representatives from all liability for any injury that may occur as a result of participation in any Adventure activities.

✗ Participant Signature: _____ Today's Date _____

✗ Parent/Guardian Signature: _____ Today's Date _____
(If under 18 years old)

Authorization for Health Care: (If under 18 years old)

I understand that I will be notified in case of serious injury or illness. However, in the event that I cannot be reached, I hereby give permission for my child _____ (youth' name) to be treated by a physician or medical facility as appropriate.

✗ Parent/Guardian Signature: _____ Today's Date _____
(If under 18 years old) *If for religious or other reasons you cannot sign this, contact the Youth Bureau for further information.

Photo/Media Release

I grant to The Schoharie County Youth Bureau the right to use, reproduce, assign and/or distribute photographs, films, videotapes and sound recordings of me for use in **ANY** materials (including , but not limited to: slideshows, face book page, promotional boards, informational fairs....) they may create.

I **DO NOT** grant the Schoharie County Youth Bureau the right to use, reproduce, assign and/or distribute photographs, films, videotapes and sound recordings of me for use in **ANY** materials (including , but not limited to: slideshows, face book page, promotional boards, informational fairs....) they may create.

✗ Participant Signature: _____

✗ Parent/Guardian Signature: (if under 18 years old) _____

Medical Information

Emergency Contact Info (someone other than above named)

Name: _____

Address: _____

Home Phone: (____) _____ - _____ Cell Phone: (____) _____ - _____

Relationship: _____

Alternate COVID Contact in case both Emergency Contacts are symptomatic and unable to pick up youth

Name: _____ Address: _____

Home Phone: (____) _____ - _____ Cell Phone: (____) _____ - _____

Relationship: _____

Health Insurance: Yes / No

Name of Provider: _____ Policy #: _____

Any history of the following:

Heart conditions: Yes / No Stroke: Yes / No Chest pain: Yes / No Fainting/Dizziness: Yes / No Back/ Neck: Yes / No
Asthma: Yes / No Joint Pain: Yes / No Other _____

(If circled yes to any above, please explain): _____

Please list allergies:

Are any of these allergies' life threatening? Yes / No

Has an Epi Pen: Yes / No _____ **Has an Inhaler:** Yes / No _____

Currently taking any medication (Prescription or over the counter): Yes / No

List all Medications: Need to Take during trip: Times:

Participation Limitations:

Physical (past surgeries/hospitalizations/etc.): _____

Special Dietary Needs: _____

Emotional/Behavioral Difficulties: _____

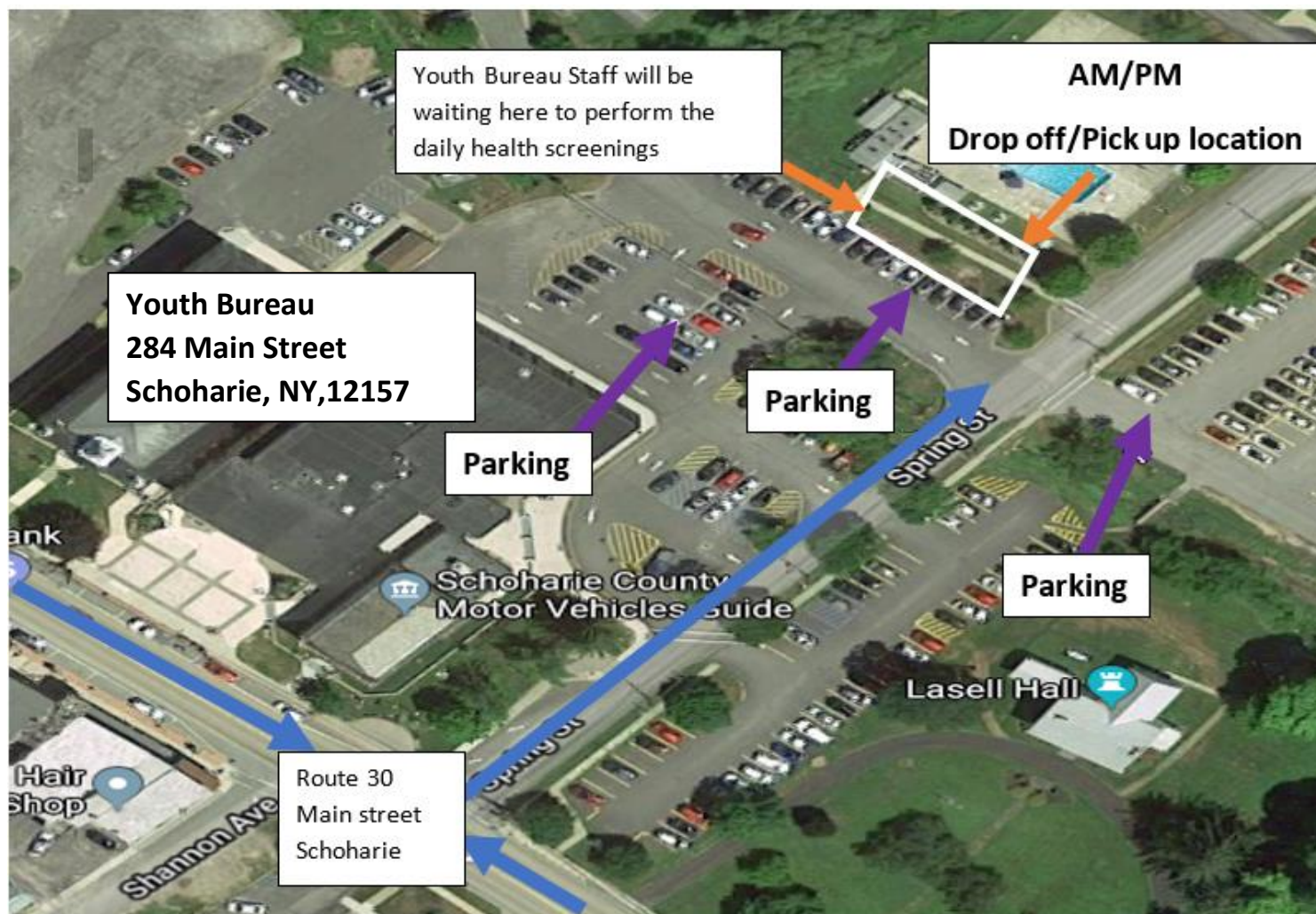
Significant Life Events: _____

Any additional Information: _____

Swimming ability: Weak ____ Good ____ Strong ____

Pick up & Drop off map

The picture below is to illustrate where to drop off your child and locate the Youth Bureau Staff members who will perform the daily health screenings. The sidewalk in front of the Schoharie Village Pool will be the main location where the Youth Bureau staff will perform the daily health screenings.



What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Important Information About Your Cloth Face Coverings

As COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread of SARS-CoV-2, the virus that causes COVID-19. In the context of community transmission, CDC recommends that you:



Stay at home as much as possible



Practice social distancing (remaining at least 6 feet away from others)



Clean your hands often



In addition, CDC also recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

How cloth face coverings work

Cloth face coverings prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure to SARS-CoV-2 can be reduced for the community. Since people can spread the virus before symptoms start, or even if people never have symptoms, wearing a cloth face covering can protect others around you. Face coverings worn by others protect you from getting the virus from people carrying the virus.



How cloth face coverings are different from other types of masks

Cloth face coverings are NOT the same as the medical facemasks, surgical masks, or respirators (such as N95 respirators) worn by healthcare personnel, first responders, and workers in other industries. These masks and respirators are personal protective equipment (PPE). Medical PPE should be used by healthcare personnel and first responders for their protection. Healthcare personnel and first responders should not wear cloth face coverings instead of PPE when respirators or facemasks are indicated.



N95 respirator



Cloth covering

General considerations for the use of cloth face coverings

When using a cloth face covering, make sure:

- The mouth and nose are fully covered
- The covering fits snugly against the sides of the face so there are no gaps
- You do not have any difficulty breathing while wearing the cloth face covering
- The cloth face covering can be tied or otherwise secured to prevent slipping



Avoid touching your face as much as possible. Keep the covering clean. Clean hands with soap and water or alcohol-based hand sanitizer immediately, before putting on, after touching or adjusting, and after removing the cloth face covering. Don't share it with anyone else unless it's washed and dried first. You should be the only person handling your covering. Laundry instructions will depend on the cloth used to make the face covering. In general, cloth face coverings should be washed regularly (e.g., daily and whenever soiled) using water and a mild detergent, dried completely in a hot dryer, and stored in a clean container or bag.

For more information, go to: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html>



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO PROTECT OTHERS

- Wear a face covering to protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands



FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)