



National Indian Health Board
**NATIONAL TRIBAL
COVID-19 RESPONSE**

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Face Coverings and COVID-19

COVID-19 is a respiratory illness that displays symptoms like fever, cough, and shortness of breath. Symptoms may appear 2-14 days after you've first been exposed to the virus, or not at all. New information about COVID-19 suggests that people who do not feel sick may still be able to spread this disease. In response, the Centers for Disease Control and Prevention (CDC) is now recommending that you cover your face when in crowded public settings, such as at grocery stores.

Face coverings are not enough to keep you from getting sick. However they can reduce the chance that you could infect other people. Wearing a face covering is currently voluntary nationally, but check your Tribe's policies and recommendations before going out.

This new recommendation does NOT replace recommendations to use Social Distancing.

You should still:

- Avoid going to public places when possible
- Stay at least 6 feet away from other people when outside of your house
- Stay at home, and away from other people in your household if you feel sick
- Wash your hands often with soap and water, or use alcohol-based hand sanitizer

What type of face covering should I wear?

You could cover your face with any variety of masks, respirators, or cloth face coverings (collectively referred to as "face coverings"). However, CDC recommends you use a cloth face covering. You should not use a medical facemask or medical respirator, since we need to make sure there are enough medical facemasks for healthcare workers.

You can make your cloth face covering from items in your house, including sheets, bandanas, tee shirts, hair-ties, rubber bands, or string. It is best to use multiple layers of fabric to make a thicker face covering. Many videos on how to make them are appearing online, as well as free patterns to make your own cloth face coverings.

For more information, or to learn how to make a face covering, visit CDC's website: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



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