

## Appendix C

### Face Coverings to Limit the Spread of COVID-19

#### What is a face covering?

A face covering is a covering made of cloth, fabric or other soft or permeable material, without holes, that covers the nose, mouth and chin. A facial covering should not hide or obscure the eyes. Examples of facial covering includes a scarf, bandana, or neck gaiter. Facial coverings can be cleaned via laundering in the warmest setting possible and dried.

#### When to wear Face Coverings

- *When Indoors:* Wear Face Coverings while indoors when social distancing of six feet or more cannot be achieved between persons from separate households. When a person is in their residence, they do not need to wear a facial covering. When a person is alone or with only their household members, they do not need to wear a facial covering.
- *When Outdoors:* Wear Face Coverings when outdoors and social distancing of six feet or more cannot be achieved between persons from separate households. Wearing a Face Covering is not required while engaging in outdoor recreation such as walking, hiking, bicycling, or running. But each person engaged in such activity should comply with social distancing recommendations including maintaining at least six feet of separation from all other people not part of the same household to the greatest extent possible. Additionally, each person engaged in such activity should bring a Face Covering and wear it at times when it is difficult to maintain compliance with Social Distancing recommendations of six feet or more from another person. Because running or bicycling causes people to more forcefully expel airborne particles, making the usual minimum 6 feet distance less adequate, runners and cyclists should take steps to avoid exposing others to those particles, which include the following measures: crossing the street when running to avoid sidewalks with pedestrians; slowing down and moving to the side when unable to leave the sidewalk and nearing other people; never spitting; and avoiding running or cycling directly in front of or behind another runner or cyclist who is not in the same household.
- *When Driving:* You do not need to wear a Face Covering while driving alone, or exclusively with other members of the same family or household, in a motor vehicle.

Evidence shows that approximately 20% of COVID-19 infectious persons are asymptomatic – lacking all symptoms. Given this, the risk of unwitting transmission to another person is high and forms the basis for the Centers for Disease Control and Prevention’s recommendation for the public to wear cloth face coverings in public settings when social distancing is not possible (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>).