



## Face Coverings/Masks (updated 8/12/2020)

There is scientific evidence to suggest that use of cloth face coverings by the public during a pandemic could help reduce disease transmission. Their primary role is to reduce the release of infectious particles into the air when someone speaks, coughs, or sneezes, including someone who has COVID-19 but feels well. Anderson School District 1 students and staff will be required to wear masks at certain times of the day (entering/leaving school, transitions etc.). Below is some guidance regarding types of acceptable face coverings, how to wear masks correctly, how to clean masks properly, how to make masks (sew/non-sew options) and where to purchase masks.

Anderson 1 will **NOT** be supplying masks to all students. Disposable masks will be available in our health offices for ill students and emergencies. It is recommended that masks be purchased as part of students' back-to-school supplies. If you cannot afford masks please reach out to your local churches or your child's guidance counselor so they can provide you with community agencies that may be able to provide masks for families in need.

Acceptable face coverings/shields:



## How to Wear Cloth Face Coverings

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with everyday preventive actions and social distancing in public settings.

### 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

# How to Wash Cloth Face Coverings

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with everyday preventive actions and social distancing in public settings.

Cloth face coverings should be washed after each use. It is important to always remove face coverings correctly and wash your hands after handling or touching a used face covering.

## How to clean

### Washing machine

- You can include your face covering with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering



## Washing by hand

- Prepare a bleach solution by mixing:
  - 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or
  - 4 teaspoons household bleach per quart of room temperature water
- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration

date. **Never** mix household bleach with ammonia or any other cleanser.

- Soak the face covering in the bleach solution for 5 minutes.
- Rinse thoroughly with cool or room temperature water.



Make sure to completely dry cloth face covering after washing.

## How to dry

### Dryer

Use the highest heat setting and leave in the dryer until completely dry.



### Air dry

Lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.



## How to Make Cloth Face Coverings

### CDC on Homemade Cloth Face Coverings

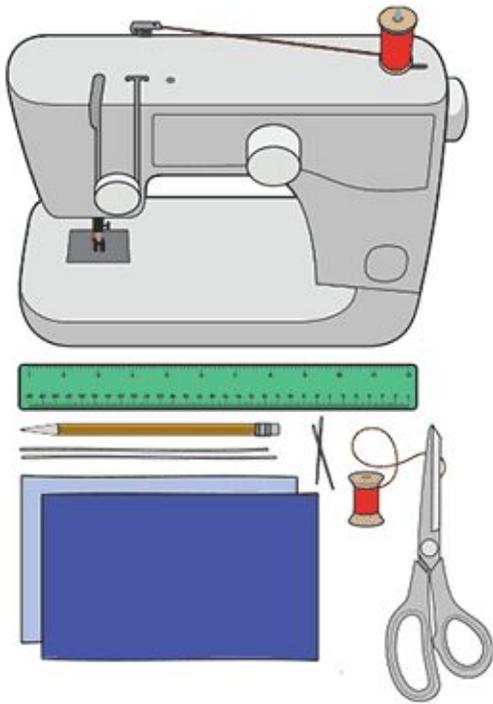
- Who should NOT use cloth face coverings: children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance
- Cloth face coverings are NOT surgical masks or N-95 respirators. Surgical masks and N-95 respirators must be reserved for healthcare workers and other medical first responders, as recommended in CDC guidance.

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, like, grocery stores and pharmacies.

Simple cloth face coverings can be made at home and may help prevent the spread of COVID-19.

## Sew and No Sew Instructions

### Sewn Cloth Face Covering

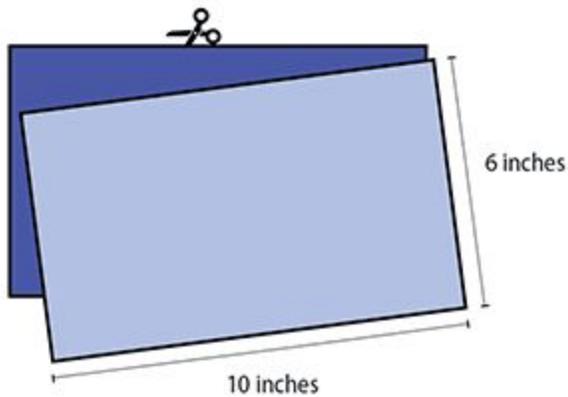


#### Materials

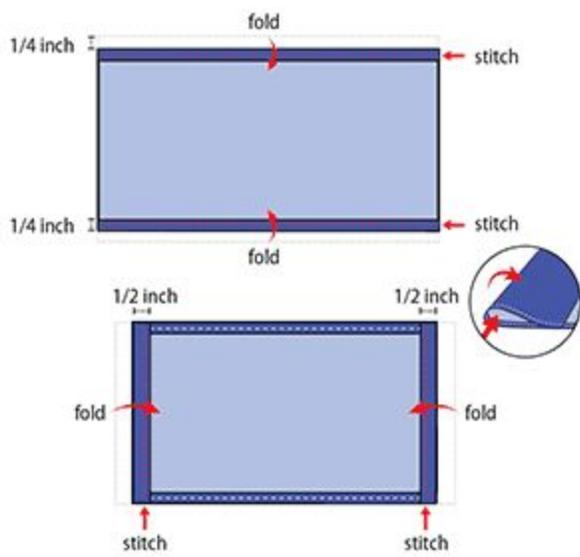
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

## Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

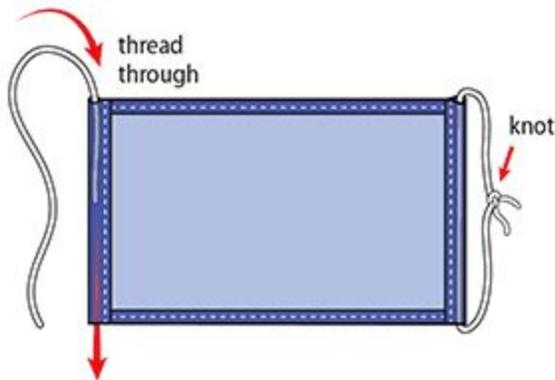


2. Fold over the long sides  $\frac{1}{4}$  inch and hem. Then fold the double layer of fabric over  $\frac{1}{2}$  inch along the short sides and stitch down.

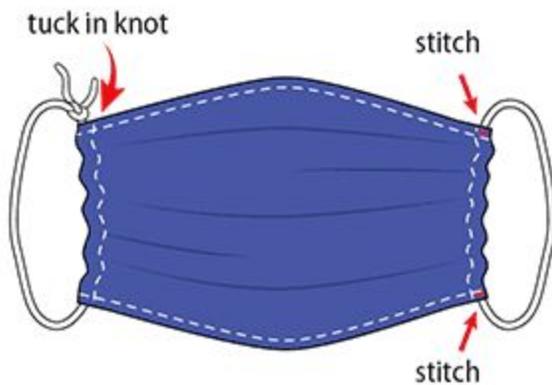


3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic headbands. If you only have a string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



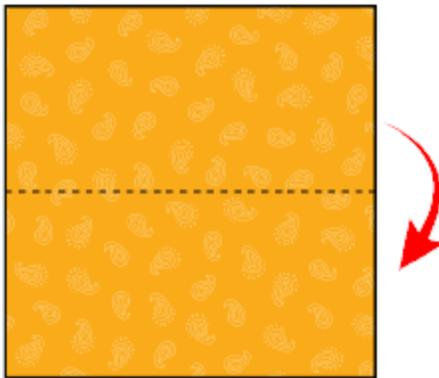
# Non-sewn Face Covering

## Materials

- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth).

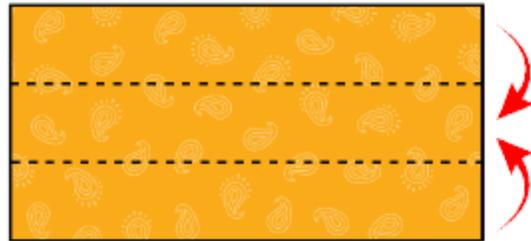
## Tutorial

1.



Fold bandana in half.

2.



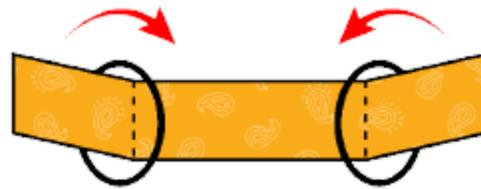
Fold top down. Fold bottom up.

3.



Place rubber bands or hair ties about 6 inches apart.

4.

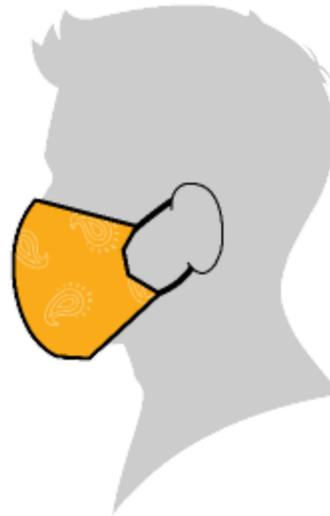


Fold side to the middle and tuck.

5.



6.



Make sure your cloth face covering:

- fits snugly but comfortably against the side of the face
- completely covers the nose and mouth
- is secured with ties or ear loops
- includes multiple layers of fabric
- allows for breathing without restriction
- can be laundered and machine dried without damage or change to shape

**Additional guidance on how to make masks:**

[https://www.hopkinsmedicine.org/coronavirus/\\_documents/Child-Size-Mask-Instructions.pdf](https://www.hopkinsmedicine.org/coronavirus/_documents/Child-Size-Mask-Instructions.pdf)

[https://www.hopkinsmedicine.org/coronavirus/\\_documents/INF2003076\\_VW\\_Hand-Sewn%20Mask%20instructions-1.pdf](https://www.hopkinsmedicine.org/coronavirus/_documents/INF2003076_VW_Hand-Sewn%20Mask%20instructions-1.pdf)

[https://www.youtube.com/watch?v=\\_6UcIDaxfqk](https://www.youtube.com/watch?v=_6UcIDaxfqk)

**Where to purchase face masks/shields (The school district does not promote any one specific retailer).**

Amazon [www.amazon.com](http://www.amazon.com)

Etsy [www.etsy.com](http://www.etsy.com)

Old Navy [www.oldnavy.com](http://www.oldnavy.com)

Walmart [www.walmart.com](http://www.walmart.com)

Local pharmacies/grocery stores