

FCS is following guidance from the NC DHHS and the CDC when determining what constitutes an appropriate face covering to help limit the spread of COVID-19 within our school community.

To ensure masks are as protective as possible, NCDHHS and the CDC recommends that you:

- Make sure your mask fits snugly against your face and covers your nose and mouth. To help with a snug fit, you can use a mask with a metal strip along the top of the mask.
- Use two or more layers for your face covering. You can do this by wearing a cloth face covering with two or more layers or by wearing one disposable mask (sometimes referred to as a surgical mask or a medical procedure mask) underneath a cloth mask.

**Cloth Masks** can be made from a variety of fabrics, and many types of cloth masks are available.



### Look for

- Multiple layers of **tightly woven**, breathable fabric
- Nose wire
- Mask should block light when held up to a bright light source



### Do NOT wear

- Masks with exhalation valves or vents
- Single layer or masks made of thin fabric that don't block light (Ex. mesh or masks made of fabric so thin that particulate matter can easily pass through the material)
- Bandanas
- Gaiters that can not be folded in two (to achieve 2 layers)

**Disposable face masks** are widely available.



**Look for:**

- A description indicating multiple layers of non-woven material
- Nose wire
- Buy pediatric size disposable mask for younger children

**Do NOT wear**

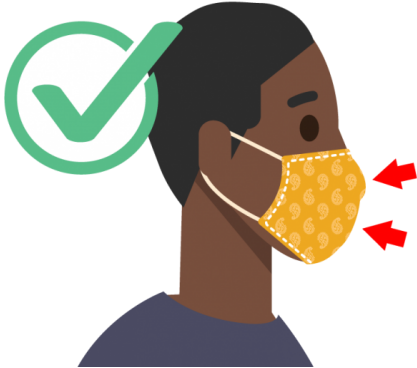


- Masks with gaps around the sides of the face or nose
- If wet or dirty

## DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

Have a nose wire to prevent air from leaking out of the top of the mask

## DO NOT choose masks that



Have exhalation valves or vents which allow virus particles to escape

Are made of thin single layer material which allows virus particles to escape

Are open/not fitted well against the face (bandanas)