Why a face covering? A cloth face covering is used to trap your own respiratory droplets and limit the possibility of asymptomatic spread of COVID-19 and other respiratory illnesses between healthy persons when in public; now mandated on all DoD installations. If you are ill – stay at home!

Does not replace: Social distancing by all parties, nor does it allow those persons in a Restriction of Movement (ROM) status [Quarantine or Isolation] to again rejoin the general public before being medically cleared from ROM

Who should wear a cloth face covering: all individuals on DoD property, installations, and facilities will wear cloth face covering when they cannot maintain six feet of social distance in public areas or work centers
• Includes: Military Personnel, DoD Civilians, Contractors, Family Members, & Others

Who should NOT wear a cloth face covering: young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

When to wear a cloth face covering:
• All public indoor spaces on West Point where social distancing cannot be maintained
• This includes, but is not limited to: PX, Commissary, KACH, all Academic & Administrative Buildings, DODEA Schools and all other indoor public spaces
• When sharing a ride in a POV, GOV, or on Public Transportation with non-family members
• When taking care of ill family members; remember to limit contact and always wash hands frequently
• When around vulnerable populations (elderly, immunocompromised, comorbid)

When NOT recommended to wear a cloth face covering:
• At home (on or off-post) alone or with your immediate family
• In your POV alone or while with your immediate family (may need to remove your mask during ID checks at gate)
• While outdoors in open air where you can maintain proper social distancing (doing individual PT, yard work, recreation, or walking your dog)
What to wear:
• Homemade or purchased cloth face covering; see CDC guidance on how to make your own using common materials
• Do NOT make cloth face coverings from old uniforms (ACU/OCP), as these materials may have been treated with chemicals used to repel insects or to prevent wrinkling
• Military Personnel: NO printed wording, profanity, racist, demeaning or derogatory logos, script or imagery; use best judgment when it comes to color, fit and design of face coverings in uniform
• Civilian Personnel, Contractors, Family Members, Others: NO profanity, racist, demeaning or derogatory logos, script or imagery

What NOT to wear (CDC Guidance):
• N95 Respirator: medical use only; critical supply items for our healthcare providers treating COVID-19 patients; can restrict breathing & pose a health risk to those not medically cleared to wear a N95 respirator
• Disposable Surgical Masks: medical use only; these items are used to protect medical providers and patients in traditional healthcare settings

How to Wear a Cloth Face Cover:
Face coverings should—
• fit snugly but comfortably against the side of the face
• be secured with ties or ear loops
• include multiple layers of fabric
• allow for breathing without restriction
• be able to be routinely laundered & machine dried without damage or change to shape

How to take off your face covering:
• Make sure to never touch your eyes, nose, or mouth when removing your face covering
• Wash your hands immediately after removing your face covering, before touching other surfaces
• Launder your face covering based on the frequency of wear
Cloth Face Covering T-Shirt Tutorial (No Sew)

Required Materials
- T-shirt
- Scissors

1. Cut out 7–8 inches of the T-shirt.
2. Cut the tie strings 6–7 inches long.
3. Tie strings around neck, then over top of head.
Bandana, Scarf, Cotton Cloth Tutorial (No Sew)

Required Materials
• Bandana (or square cotton cloth approximately 20”x20”)
• Coffee filter
• Rubber bands (or hair ties)
• Scissors (if you are cutting your own cloth)

1. Cut coffee filter

2. Fold filter in center of folded bandanna.

3. Fold top down. Fold bottom up.

4. Place rubber bands or hair ties about 6 inches apart.

5. Fold side to the middle and tuck.

SOURCE: CDC West Point Department of Public Health