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 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 simple items from around your home
• **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 or when taking care of ill persons at your home.

**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
The primary purpose of a cloth face covering is to prevent the spread of coronavirus between people interacting in close proximity where social distancing measures cannot be maintained.

To the extent practical, DOD requires all persons on DOD property, installations, and facilities to wear cloth face coverings when they cannot maintain 6 feet of social distance in public areas or work centers (not to include housing).*

*For the guidance, visit https://media.defense.gov/2020/Apr/05/2002275059/-1/-1/1/DOD-GUIDANCE-ON-THE-USE-OF-CLOTH-FACE-COVERINGS.PDF

Make a cloth face covering from a t-shirt

1. Cut out a circle of fabric that is 6–7 inches in diameter.
2. Cut a hole in the center of the circle for your nose and mouth.
3. Tie the strings around your neck, then over the top of your head.


Proper wear and care of cloth coverings

- Do not place cloth face coverings on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the covering without assistance.
- Clean your hands with soap and water or an alcohol-based hand sanitizer before and after putting on the cloth face covering.
- Ensure your nose, mouth and chin are covered; ensure the areas around the nose, sides, and chin are tight, but do not restrict your ability to breathe.
- Avoid touching the cloth face covering. Remove by grasping the elastic ear bands or untying. Do not touch the front of the covering.
- Routinely wash by hand, or in a washing machine, using warm water and regular detergent.

You should wear a surgical mask:

- when a medical provider diagnoses you with COVID-19
- if you are caring for someone confirmed to have COVID-19 (both you and the patient should wear masks when in close contact)

The face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must be reserved for healthcare workers and other medical first responders.
Sewn Face Cover

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 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.

3. Run a 6-inch length of 3/8-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 head bands. If you only have 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.
Cloth Face Covering T-Shirt Tutorial (No Sew)

Required Materials
• T-shirt
• Scissors

1. Cut a section of the t-shirt from 7–8 inches down.
2. Cut out a 6–7 inches rectangle and cut tie strings.
3. Tie strings around neck, then over top of head.