

**COUNTY OF HUMBOLDT
JOINT INFORMATION CENTER**
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FOR IMMEDIATE RELEASE
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Facial Coverings Offer Protection for Everyone

Health care officials continue to promote the message that facial coverings — when combined with other preventive measures — help slow the spread of COVID-19, as case rates surge locally and across the nation.

The Centers for Disease Control and Prevention (CDC) recently reported that facial coverings protect the wearer from potentially becoming infected with COVID-19 in addition to protecting others in the event that someone is infected with the virus but is asymptomatic. Wearing one when outside the home is required in California with only very specific exemptions and is enforceable through local jurisdictions.

Humboldt County Health Officer Dr. Teresa Frankovich said now is the time to follow proven safety measures such as wearing facial coverings and limiting gatherings to those in your household. “Pandemic fatigue is real, but we must continue all the good work we have done here in Humboldt by using all preventive measures available to us,” she said. “Doing so protects our family, friends and all residents of Humboldt as well as our health care system.”

Below are CDC guidelines for the public on types of facial coverings to use, those to avoid and how to wash them:

BEST PRACTICES

- Masks that have two or more layers of washable, breathable fabric
- Masks that completely cover your nose and mouth and can be secured under your chin
- Masks that fit snugly against the sides of your face and don't have gaps.

NOT ADVISED

- Masks that are made of fabric that makes it hard to breathe, for example, vinyl
- Masks that have unfiltered exhalation valves or vents, which allow virus particles to escape
- Masks that are intended for health care workers, including N95 respirators or surgical masks.

HOW TO CLEAN

- Masks should be washed regularly and can be included with your regular laundry

- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry.

To read CDC's full report, visit [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html)

For the most recent COVID-19 information, visit [cdc.gov](https://www.cdc.gov) or [cdph.ca.gov](https://www.cdph.ca.gov). Local information is available at [humboldt.gov](https://www.humboldt.gov) or during business hours by contacting covidinfo@co.humboldt.ca.us or calling 707-441-5000.

Humboldt County COVID-19 Data Dashboard: [humboldt.gov/dashboard](https://www.humboldt.gov/dashboard),
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