As of April 27, all UVM employees working on campus are required to wear face coverings (or face mask) over their nose and mouth when in the presence of others. Employees may wear their own cloth face coverings or a UVM-provided disposable face mask. This is in accordance with the Governor’s Stay Home Stay Safe order and guidelines from the Centers for Disease Control and Prevent (CDC).

Wearing a face covering is one more way to slow the spread of COVID-19. Wearing a face covering does not replace the need for continued disease prevention strategies like physical distancing, regular hand washing, and staying home if you are sick. You still need to stay at least 6 feet away from other people when wearing your face covering.

### Why wear a face covering in public?
A face covering is not intended to protect you – it is intended to protect other people around you. Your face covering helps to contain the spread of droplets that are produced when you talk, cough, or sneeze so the people around you are not exposed. Remember, you may be infected and not have symptoms.

A face covering does not provide respiratory protection and cannot be used in place of an N-95 or other respirator, when one is required.

### When should I wear my face covering?
Wear your face covering whenever you are performing UVM-related business in common areas, around other people and in areas where it is difficult to maintain a safe social distance. This includes:

- Working in occupied academic and administrative buildings on campus, or in dorms and dining halls,
- Interacting with clients, customers, or co-workers, or
- Performing a job task that requires you to work with other people.

### What should I do if I cannot wear a face covering?
Talk with your healthcare provider if you have any health concerns related to wearing a face covering and notify your supervisor.

### How should I use my face covering?
Face coverings only work if you use them properly and wash your hands before and after use. Improper use of a face covering can lead to accidental contamination of yourself or others.

### Follow these best practices when using your face covering:
- Wash your hands with soap and water or use alcohol-based hand sanitizer before putting on your face covering.
- Avoid touching the outside of your face covering while you wear it. If you accidentally touch the outside of the face covering, wash your hands with soap and water or use alcohol-based hand sanitizer.
- Remove your face covering by the ear loops or head ties. Do not touch the front of the face covering.
- Wash your hands immediately with soap and water or use alcohol-based hand sanitizer after removing your face covering.
- Do not wear your face covering if it gets dirty, or if it is wet or damp.
- Discard disposable face coverings immediately into the trash after use.
- If you wear a reusable cloth face covering:
Immediately place the face covering in the laundry, do not leave it on a surface in your work space, in your car, or at home where other people can touch it.

Wash your face covering after each use or at least once per day. Face coverings can be laundered on high heat settings without the need for special disinfectants.

To store your face covering, keep it in a paper or cloth bag or hang it up in a clean, dry place.

### How do I make a reusable cloth face covering at home?

The CDC has published both sew and no-sew instructions on how to make your own cloth face covering:


Video instructions can be found here:

- [https://www.youtube.com/watch?v=tPx1yqvljf4&feature=youtu.be](https://www.youtube.com/watch?v=tPx1yqvljf4&feature=youtu.be)

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### Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

#### How to Wear Cloth Face Coverings

Cloth 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 laundered and machine dried without damage or change to shape

#### CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance. The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

#### Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

#### How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

#### How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
UNIVERSITY OF VERMONT GUIDANCE ON FACE COVERINGS

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.