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TOWN OF MATTAPOISETT BOARD OF HEALTH ADVISORY REGARDING FACE COVERINGS APRIL 29, 2020

The Town of Mattapoissett Board of Health urges all individuals to wear face coverings in public settings where social distancing may be difficult to maintain (e.g. grocery stores, parks and beaches). *Face coverings should not be worn by children under age two, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the face covering without assistance.*

Some people without any symptoms of COVID-19 are still able to spread the virus. Wearing a face covering over your nose and mouth may help prevent the spread of COVID-19 to others.

A face covering can include anything that fully covers your nose and mouth, such as a scarf, bandana or homemade cloth face covering. Surgical masks and N95 masks should be reserved for use by healthcare workers and first responders.

In addition to wearing a face covering, you can help protect yourself and others from becoming infected with COVID-19 by adhering to the following:

- Practice social distancing by maintaining a distance of at least 6-feet from others.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect surfaces and things that are frequently touched.
- Stay home if you are sick. If you need to see a health care provider, call first. In case of emergency, call 911.

Instructions on how to make homemade cloth face coverings and properly wear face coverings can be found by clicking [here](#) or by visiting the CDC website at www.cdc.gov.

Up-to-date information on COVID-19 can be found by visiting the MA Department of Public Health website at www.mass.gov/dph or the CDC website at www.cdc.gov.

If you have questions or concerns, please contact the Mattapoissett Health Department at 508-758-4100 Ext. 213 or the Mattapoissett Public Health Nurse at 508-758-4118.