

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

## How to Wear a Cloth Face Covering



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 mask 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 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 face covering and wash hands immediately after removing.

**Interpretation:** The CDC says the face masks may help slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. This is not the law it is a recommendation. It has not been proven that face masks reduce the transmission of COVID-19. And the CDC points out that face coverings are recommended where other social distancing is difficult to maintain.

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.

Interpretation: In the Virginia Beach region of VA we do not have "significant community based transmission." With 509 positive cases and 18 deaths there is no evidence to imagine that there is a high risk in our community of transmission of the virus.



Commonwealth of Virginia  
Office of the Governor

## Executive Order

**NUMBER SIXTY-TWO (2020)**  
**AND**  
**ORDER OF PUBLIC HEALTH EMERGENCY FOUR**

**JURISDICTIONS TEMPORARILY DELAYED FROM ENTERING PHASE ONE IN  
EXECUTIVE ORDER 61 AND PERMITTED TO REMAIN IN PHASE ZERO  
NORTHERN VIRGINIA REGION**

**Importance of the Issue**

Executive Order 61, issued on May 8, 2020, and effective at 12:00 a.m., May 15, 2020, eased certain restrictions imposed under Second Amended Executive Order 53 and Executive Order 55 (both Orders are collectively referred to as Phase Zero). Executive Order 61 sets out the Commonwealth of Virginia's path into Phase One. The easing of the Phase Zero restrictions was premised, in part, on the Commonwealth's achievement of certain metrics in responding to the novel coronavirus (COVID-19). The easing of those restrictions is meant to be a floor, and not a ceiling. As previously acknowledged, some regions may need to move into Phase One

All public and private in-person gatherings of more than 10 individuals are prohibited. **The presence of more than 10 individuals performing functions of their employment is not a "gathering."** A "gathering" includes, but is not limited to, parties, celebrations, or other social events, whether they occur indoors or outdoors. This restriction does not apply to the gathering of family members living in the same residence. "Family members" include blood relations, adopted, step, and foster relations, as well as all individuals residing in the same household. Family members are not required to maintain physical distancing while in their homes.

Interpretation- if there are more than 10 people performing their work functions that is not considered a gathering.



## SAFER AT HOME: PHASE ONE GUIDELINES FOR ALL BUSINESS SECTORS

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### PHYSICAL DISTANCING BEST PRACTICES:

- ✓ Establish policies and practices for physical distancing between co-workers and between members of the public. (See sector-specific guidelines below for more detailed information on public engagement.)
- ✓ Provide clear communication and signage for physical distancing in areas where individuals may congregate, especially at entrances, in seating areas, and in check-out lines.
- ✓ Limit the occupancy of physical spaces to ensure that adequate physical distancing may be maintained. (See sector-specific guidelines for more detailed information.)
- ✓ Encourage telework whenever possible.
- ✓ For those businesses where telework is not feasible, temporarily move or stagger workstations to ensure six feet of separation between co-workers and between members of the public.
- ✓ Where possible, employees and customers should utilize face coverings. (See [CDC Use of Cloth Face Coverings guidance](#) for more detailed information). Where six feet of physical distance is not possible in a given business setting, employers should provide face covering to employees, such as utilizing the [CDC Use of Cloth Face Coverings guidance](#).
- ✓ Limit in-person work-related gatherings, including conferences, trade shows, and trainings.
- ✓ When in-person meetings need to occur, keep meetings as short as possible, limit the number of employees in attendance, and use physical distancing practices.

- Where possible employees and customers should utilize face coverings.
- Where six feet of physical distance is not possible in a given business setting, employers should provide face covering to employees, such as utilizing the [CDC Use of Cloth Face Coverings guidance](#).

**(interpretation- 6 feet distancing is primary and remember CDC defines close contact as people within 6 feet for over 10 minutes. So you should evaluate your team member's contact with people to determine if they should be wearing a mask or not in particular situations.)**

**13. Nothing in this Order shall limit: (a) the provision of health care or medical services;** (b) access to essential services for low-income residents, such as food banks; (c) the operations of the media; (d) law enforcement agencies; or (e) the operation of government.

**Interpretation- nothing in the governor's order should restrict access to health care services**

**14. The continued waiver of § 18.2-422 of the Code of Virginia so as to allow the wearing of a medical mask, respirator, or any other protective face covering for the purpose of facilitating the protection of one's personal health in response to the COVID-19 public health emergency declared by the State Health Commissioner on February 7, 2020, and reflected in Executive Order 51 declaring a state of emergency in the Commonwealth. Executive Order 51 is so further amended. This waiver is effective as of March 12, 2020.**

**Interpretation- this order continues to allow people to wear the face masks in order to provide protection to one's personal health. It is not required as a condition in order to provide health care services and there is no mention in the governor's order that it is against the law to not wear face masks.**

## **Executive Order**

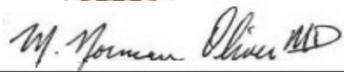
NUMBER SIXTY-TWO (2020) AND ORDER OF PUBLIC HEALTH EMERGENCY FOUR JURISDICTIONS TEMPORARILY DELAYED FROM ENTERING PHASE ONE IN EXECUTIVE ORDER 61 AND PERMITTED TO REMAIN IN PHASE ZERO NORTHERN VIRGINIA REGION

# Employers are required to provide face coverings to employees.

This Order shall be effective 12:00 a.m., Friday, May 15, 2020 and further amends Executive Order 55. Unless otherwise expressly provided herein, this Order shall remain in full force and effect until 11:59 p.m., Thursday, May 28, 2020, unless amended or rescinded by further executive order.


Given under my hand and under the Seal of the Commonwealth of Virginia and the Seal of the Office of the State Health Commissioner of the Commonwealth of Virginia, this 12<sup>th</sup> day of May, 2020.



  
M. Norman Oliver, MD, MA  
State Health Commissioner

  
Ralph S. Northam, Governor

Attest:

  
Kelly Thomasson, Secretary of the Commonwealth

**A State of Emergency Has Been Declared for Virginia in Response to COVID-19**  
[Virginia Department of Health](#) > [Coronavirus](#) > Cloth Face Covers



## Cloth Face Covers

The most important way to protect others and yourself from getting COVID-19 is by staying home and [practicing social distancing](#) when you have to go out. **The CDC has recommended that people wear cloth face coverings when they**

**are in public places such as the grocery store where they will be around other people and it may be difficult to keep distance.** Face coverings are not needed for going outside by yourself to take a walk or work in your garden, etc.

**Cloth face coverings can help protect the people around you.** Some people with COVID-19 have no signs or symptoms and do not feel sick, but can still pass the virus on to others. A cloth face covering can help prevent this.

Page last reviewed: May 4, 2020

**Interpretation: employers must provide employees with face masks. It does not require they be worn in the course of work. And it does clearly state that maintaining the 6 feet distance is primary.**

**And the VA Department of Health stated that the most important way to protect others and yourself from getting COVID-19 is by staying home and practicing social distancing when you have to go out. The CDC has recommended that people wear cloth face coverings when they are in public places where they will be around other people AND it may be difficult to keep distance.**