

Hood River County Public Health Department

Public Service Announcement

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STAY HOME. SAVE LIVES.

Date: Monday, April 6, 2020

To: All Media

From: Patricia Elliott, RN, Director

The Centers for Disease Control and Prevention (CDC) is recommending that people wear a cloth face covering in public settings where social distancing is difficult to maintain (e.g. grocery stores and pharmacies). Wearing a mask is an additional layer of protection. It is not a substitute for washing your hands and avoiding gatherings. Face masks will help to slow the spread of COVID-19 if they are widely used as they may help prevent people who are asymptotically infected from transmitting the disease unknowingly.

Hood River County Health Department endorses the recommendation. If cloth masks are used properly, they can help to slow the spread of the virus while saving medical masks for health care workers, first responders and public safety officials. Adding this additional level of protection is in response to those who are infected with the virus but show no symptoms or mild symptoms. "Above all, we continue to stress that the most reliable tool we have right now to prevent the spread of COVID-19 is strict social distancing -- as outlined in Governor Brown's 'Stay Home, Save Lives' orders," said Paul Cieslak, M.D., OHA medical director for communicable diseases.

Do's:

- Check the CDC website for details including cloth mask construction.
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>
- Wear a mask only during brief necessary interactions with others then
- Understand that masks help you prevent spreading COVID more than masks keep you from getting it.
- Wash it promptly and store it in a paper bag with your name on it.

Don'ts:

- Please don't call the health department. We do not provide cloth masks for the public or for companies. The reason is that we are working diligently on many public health issues to keep you safe. Cloth masks are available in the community.
- Pull the mask down to talk to someone or touch it to adjust it on your face.
- Do not share your mask with anyone.
- Do not let it get saturated with moisture from your breath.
- Do not use a mask and violate social distancing measures.

Other recommendations for masks include shawls, scarves, bandanas or any cotton material that covers the nose and mouth. N-95 masks are still to be reserved for health-care workers and other first responders.

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