Advice on Face Coverings

Solebury School's Mantra: My Mask Protects You; Your Mask Protects Me

Face coverings combined with other preventive measures, such as frequent hand-washing and physical distancing, help slow the spread of COVID-19. Because it's possible to have coronavirus without showing symptoms, it is best to wear a face covering even if you think you are healthy. A mask helps contain small droplets that come out of your mouth and/or nose when you talk, sneeze, or cough.

If you are healthy, a mask may protect you from larger droplets from people around you.

When each of us does our part, we build a healthy community

that is based on taking action to help someone else.

What Is an Appropriate Face Covering?
- Your face covering should cover from the bridge of your nose to under your chin
- It should be comfortable but still secure enough to stay in place
- A face shield alone is **not** appropriate but may be used in addition to a face mask or with a fabric attachment at the bottom enclosing the chin to prevent the escape of droplets and aerosols
- Neck gaiters and bandanas are **not** appropriate face coverings
- Face masks with any type of exhaust valves are **not** appropriate face coverings

How to Wear Your Face Covering:
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, wash your hands

Make Sure your Face Covering:
- fits snugly but comfortably against the side of the face
- completely covers the nose and mouth
- is secured with ties or ear loops
- includes multiple (2-3 or more) layers of fabric: high thread count cotton is best
- allows for breathing without restriction
- can be laundered and machine dried without damage or change to shape

Wear your Face Covering Correctly:
- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

Take Off Your Cloth Face Covering Carefully:
- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine or covered laundry receptacle
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.