

# FACE MASKS 101

We are recommending following the CDC and MA Department of Public Health Guidelines for cloth face coverings:

- ✓ Made of multiple layers of cloth
- ✓ Covers the nose and mouth and secures under the chin
- ✓ Fits snugly against the sides of the face
- ✓ Is secured behind the head with ties or loops around the ears
- ✓ Allows for breathing without restriction
- ✓ No masks with one-way valves
- ✓ No bandanas, scarves, buffs, or gaiters



## HEALTHY STUDENTS

CARROLL SCHOOL