

## Morgan County Health Department

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## MORGAN COUNTY HEALTH DEPARTMENT RECOMMENDS FACE-COVERINGS WHEN SOCIAL DISTANCING IS DIFFICULT

The Morgan County Health Department recommends that residents follow the latest CDC's recommendation regarding face-coverings. CDC recommends wearing cloth face-coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores and pharmacies

Studies have shown that a significant number of individuals with coronavirus lack symptoms and that even those who eventually develop symptoms can spread the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity — for example, speaking, coughing or sneezing — even if those people are not having symptoms.

Cloth face coverings can be made from household items, such as bandanas, t-shirts, or scarves. The cloth face-coverings being recommended are not surgical masks or N-95 respirators. Guidelines and sew and no sew instructions can be found at <a href="https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html">https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html</a>

Cloth face coverings should not be placed on young children younger than age 2 or on anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Individuals should be careful not to touch their eyes, nose and mouth when removing their face covering and wash hands immediately after removing. Cloth face-coverings should be routinely cleaned in a washing machine depending on the frequency of use.

Visit the Indiana State Department of Health's COVID-19 website at <a href="https://coronavirus.IN.gov">https://coronavirus.IN.gov</a> for more information, including frequently asked questions about COVID-19.

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