

# Wear Cloth Face Coverings to Slow the Spread of Coronavirus

The Centers for Disease Control and Prevention (CDC) **now recommends wearing cloth face coverings in public places** where you may be near other people to prevent the spread of coronavirus (COVID-19). These places include grocery stores and pharmacies.

Partnership HealthPlan of California (PHC) asks members – and everyone – to follow this advice. You should also follow “social distancing” guidelines, which means keeping 6 feet of space between you and others, even when wearing a face covering.

Here are some key points about cloth face coverings:

- The cloth face coverings are not surgical masks or N-95 respirators. Those should be saved for medical workers.
- You can make your own cloth face covering, even if you don't sew. [Click here to see the CDC's instructions.](#)
- Wash your cloth face covering often in a washing machine.
- Be careful not to touch your eyes, nose, and mouth when taking off your face covering.
- Wash your hands or use hand sanitizer every time you put your face covering on AND every time you take it off.
- Keep your face covering in a clean, dry space when you are not wearing it at home. Keep your face covering in a different place from other family members' face coverings.
- It is a good idea for everyone to have 2 face coverings, so that one can be used when the other is in the wash, gets lost, or is damaged.