

WEARING A FACE COVERING:

Facilities Management requires face coverings to be worn at all times, indoor and outdoor, unless working or driving completely alone.



What you need to know

Face coverings are **NOT** a replacement for:

- **Social distancing**, also known as “*physical distancing*”. This remains a very important part of the prevention of the spread of COVID-19.
 - Only go out for essential reasons, like groceries or medical care.
 - Stay at least 6 feet (2 meters) away from others.
- **Handwashing**. Wash your hands often with 5 easy steps:
 1. Wet your hands with clean, running water and apply soap. *Tip: Turn off the tap! Be sustainable!*
 2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds. **Need a timer?** Hum the “Happy Birthday” song from beginning to end twice.
 3. Rinse your hands well under clean, running water.
 4. Dry your hands using a clean towel or air dry.



Not all face coverings are created equal:

For the purposes of the coronavirus outbreak, there are three main types of face coverings: respirators, paper face coverings, & fabric (homemade) face coverings.

- **N95** respirator face coverings are **only to be used when required** by your job and/or task. *N95 users are required to go through special fit testing & training. Users are fit tested to their specific model of face covering. If you are unsure if your job requires an N95 OR you need training, contact your supervisor or FM-OHS@virginia.edu.*
- **Paper face coverings** are manufactured & usually are used by healthcare workers, caregivers, and people who may be sick. These protect others from particulates produced when these individuals cough, sneeze, or breathe.
- **Fabric (homemade) face coverings** range widely in material and quality. These also protect those around the wearer from particulates produced when these individuals cough, sneeze, or breathe.



CDC Source: <https://bit.ly/2RbANnT>

HOW TO:

Wear a face covering

To Put On:

- **BEFORE** putting on a face covering, **wash hands with soap and water** or clean hands with hand sanitizer.
- **Cover mouth & nose** with face covering.
- **Avoid touching the front of the face covering** while using it. If you do, wash your hands with soap and water. *Consider the front of the face covering to be contaminated.*

To Remove:

- **Remove using only the ties or ear loops**. Do not touch the front of the face covering.
 - **Fabric face coverings:**
 - **Place the face covering face down** on a tissue or napkin with **ear loops or ties outside** of the face covering or into a bag for storage or transport.
 - **Washable face coverings** can be put in the same bag as **your soiled PPE** and washed with your regular detergent.
 - **Paper/disposable face coverings** should be **disposed of** at the end of your shift.



DO NOT TOUCH the front of your face covering.

- **Wash hands** thoroughly with soap and water or clean hands with hand

RESOURCES:

Making a face covering

- Make a face covering out of household materials: <http://bit.ly/CDCFaceCovering>, video from the CDC
- Patterns for fabric face coverings: <http://bit.ly/CvilleCAPatterns>, Cville Craft Aid

Making face coverings for others: <http://bit.ly/CvilleCraftAid>, Cville Craft Aid

Homemade face coverings must be neutral and message-free.

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BE AWARE: Wearing a Face Covering

Wearing any kind of face covering (respirators, bandanas, etc.) may put physical stress on your body based on your medical history and current conditions, type of facemask, time of use, work conditions (hot/cold), level of activity, and clothing used.

Some common symptoms of physical stress are:

- Increased breathing resistance
- Higher breathing rate
- Claustrophobia
- Change in habits

If you feel any of the above symptoms or feel uncomfortable while wearing your face-mask, leave the crowded area and take off your face cover. Cover your coughs and sneezes in some other way, avoiding touching your eyes or nose. Call your physician. There are different options of face covering available, you may be more comfortable in another style.

CARE & USE:

Of fabric (homemade) face coverings

Employees using fabric face coverings should have at least two: one for during shift use and one for any essential stops on the trip home.

- **Clean fabric face coverings should be stored in an easily identifiable clean bag** or original packaging.
- Employees are to **remove & store** their used fabric face covering at the end of their shift. A second, clean face covering should be used for the employee's trip home.
- **Soiled fabric face coverings** are to be placed into a **bag that can clearly be identified as used** or soiled PPE for transport and **laundered with other soiled PPE using your regular detergent.** *Fabric face coverings should be laundered and then repaired (if possible) or replaced if they become damaged.*
- **Avoid touching the front of the face covering** while using it. If you do, wash your hands with soap and water. *Always consider the front of a used face covering contaminated.*

HOW TO GET A FACE COVERING:

The UVA FM Logistics Team is overseeing procuring, storing, and distributing paper and fabric face covers to UVA FM employees. You can see more information here on the [UVA FM COVID-19 Messages to UVA FM Staff webpage](#).

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