

Cloth Masks/Face Coverings in the Workplace

April 29, 2020 | [COVID-19](#)

COVID-19 FAQs

Cloth masks or face coverings in the workplace

Q: Who is required to wear a cloth mask or face covering?

A: The requirement to wear cloth face coverings applies to employers and employees at Ohio workplaces. Businesses in the manufacturing, distribution, and construction industries are authorized to open May 4; general office environments are authorized to open May 4; and consumer, retail, and service locations are authorized to open May 12. For additional information, visit the Responsible RestartOhio page at coronavirus.ohio.gov.

Q: Are there exceptions?

A: Yes. Employers and employees are not required to wear face coverings if it is not advised due to health reasons, against documented industry best practices, prohibited for a specific position by law or regulation, or a violation of a company's safety policy. A face covering also is not required if an employee is working alone in an enclosed workspace or if there is a practical reason one cannot be worn. If any of these exceptions apply, written justification must be provided upon request.

Q: What else should I do to protect myself if I go to work?

A: Whenever possible stay at least 6 feet from other people. Wash your hands often, try not to touch your face, and frequently disinfect work areas and high-touch items in your workplace with disinfecting cleanser. Don't share work materials or equipment, especially equipment used near the face. Don't congregate with others in breakrooms or other areas. Avoid public or shared transportation if possible. Monitor yourself for [COVID-19 symptoms](#) and stay home if you experience any or otherwise feel sick.

Q: Why aren't face coverings required for customers, clients, and other visitors or guests?

A: Face coverings are strongly recommended for people who can safely wear them. The decision to exempt customers from the requirement was made to protect Ohioans who cannot wear face coverings, such as people who have severe asthma or breathing issues, hearing aids, autism, post-traumatic stress disorder, or claustrophobia. In addition, face coverings should NEVER be worn by or placed on people who are younger than 2, have difficulty breathing, or are unconscious, incapacitated, or otherwise unable to remove them without assistance.

Q: Why should I wear a face covering?

A: Many people with COVID-19 have no symptoms, so the Centers for Disease Control and Prevention advises that Americans wear cloth face coverings as a possible way to protect one another from infection. It is important to note that face coverings are not a substitute for other prevention efforts, such as hand-washing and social distancing. Continue to stay 6 feet from others whenever possible, to clean hands frequently, and to follow the other prevention methods in the below graphic.

Q: What is the proper way to wear a face covering?

A: Use a face covering that fits snugly but comfortably and allows for breathing without restriction. Wear horizontally, covering nose, mouth, and chin at all times, and secure behind the head with ties or ear loops. Wash your hands before putting the face covering on and immediately after removing it, and don't touch your eyes, nose or mouth when taking it off. Routinely launder and dry the covering. Do not wear when wet.

Q: Where can I get a face covering?

A: You can make your own face covering with multiple layers of a fabric that does not damage or lose shape when machine laundered and dried. You also can support small businesses selling fabric face coverings at a reasonable price — but watch out for scammers offering high-priced or so-called superior face coverings. Instructions for making your own sewn or no-sew face covering can be found in this document on pages 3-6. Do not use medical masks, which must be reserved for healthcare workers and first responders.

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19



How to Wear a Cloth Face Covering

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

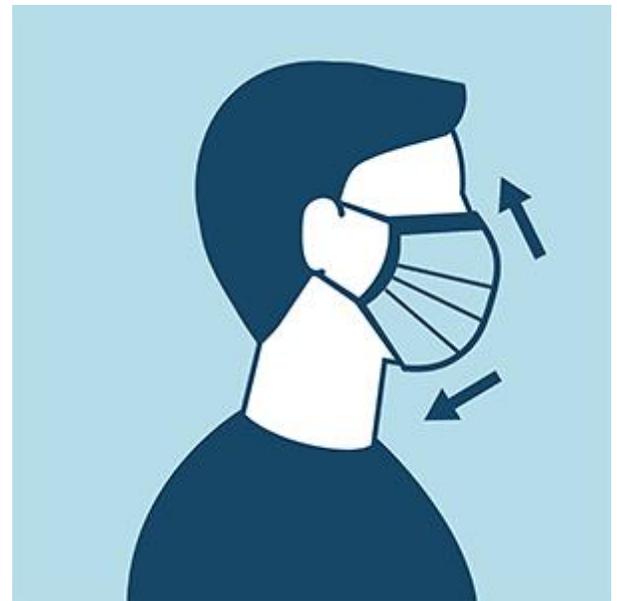
CDC on Homemade Cloth Face Coverings

[CDC recommends](#) wearing cloth face coverings in public

settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

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



Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

How does one safely remove a used cloth face covering?

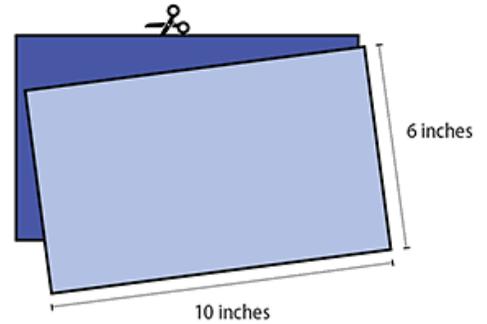
Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

Sew and No Sew Instructions

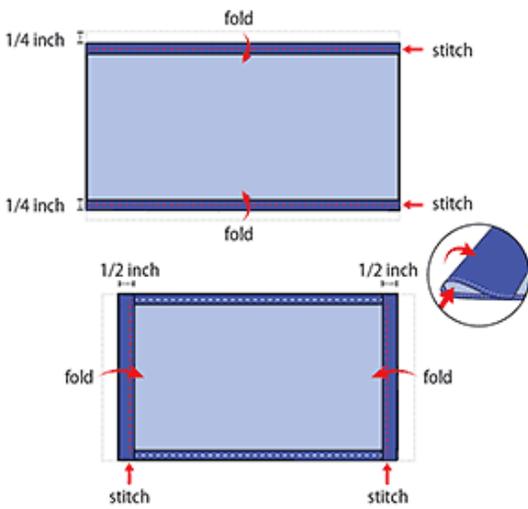
Sewn Cloth Face Covering

Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine



Tutorial

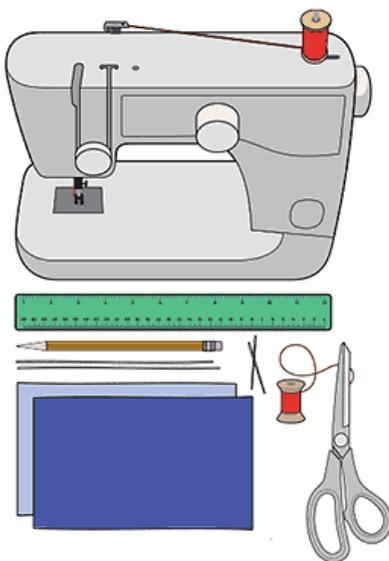


1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

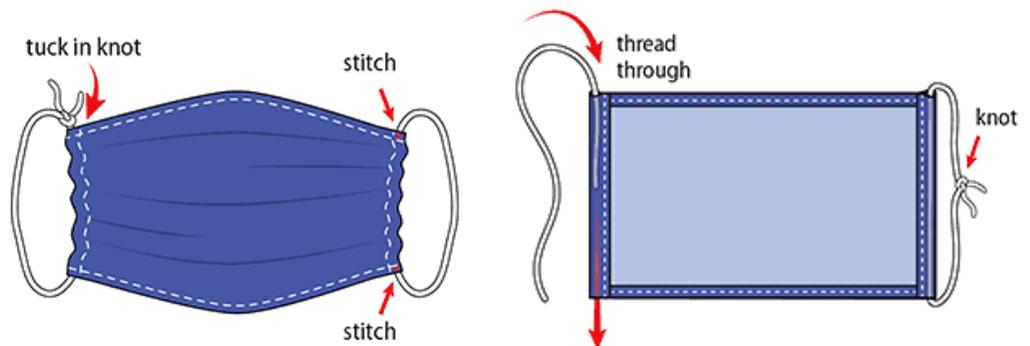
2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.

3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.

4



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

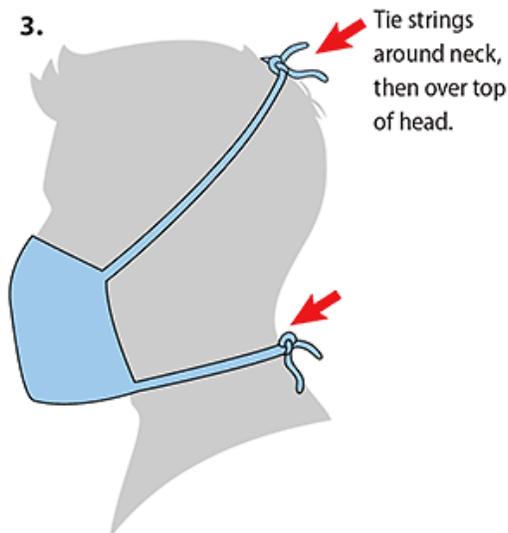
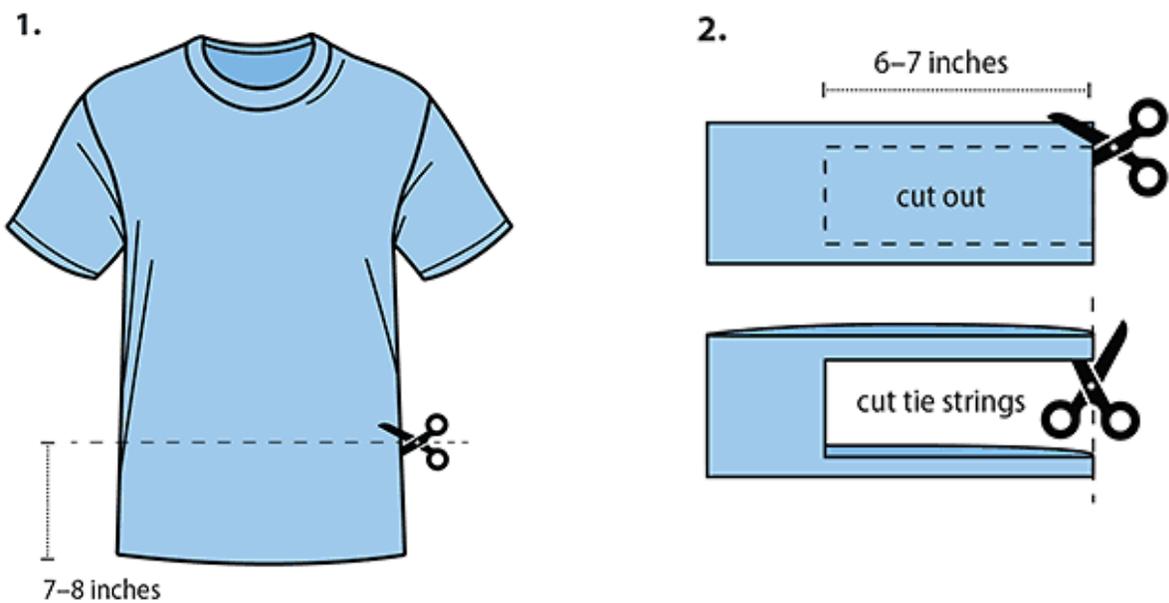


Quick Cut T-shirt Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial



Bandana Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial

