

# District Health Department No. 4



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## Proper Use of Face Coverings is Crucial in Preventing the Spread of COVID 19

When wearing a face covering, it is important to know how to use it and clean it properly. Keep in mind; face coverings are only effective when used in combination with frequent hand washing.

The recent executive order states that “any individual able to medically tolerate a face covering must wear a covering over his or her nose and mouth—such as a homemade mask, scarf, bandana, or handkerchief—when in any enclosed public space.” The face coverings recommended are not surgical masks or N-95 respirators but cloth face covering that can be made inexpensively. There are important steps to remember when using a face covering:

**Step one:** Before putting on a face covering, wash your hands or use a sanitizer if soap and water are not available.

**Step two:** Cover your mouth and nose with the face covering and make sure there are not any gaps between your face and the covering.

**Step three:** Avoid touching your face covering while using it. If you touch it, wash or sanitize your hands.

**Step four:** To remove the face covering, grab the tie strings or elastics straps. Do not touch your face or the part of the mask that covers your face.

**Step five:** When you remove the face covering, contain it in a bag while waiting for it to be washed.

**Step six:** Immediately after removing your face covering wash or sanitize your hands.

Please remember that 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 cloth face covering without assistance.

There are community agencies that have been collecting and distributing homemade face coverings. Call to donate or arrange a pick up time the following organizations: Atlanta Congregational Church of Christ (989) 785-3231; The Alpena Salvation Army (989) 358-2769; Cheboygan County Council on Aging (231)-627-7234 or the Presque Isle Council on Aging (989)-733-2559.

For more information on face coverings, including when to wear and how to make, visit the CDC’s website at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

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### Alpena County

100 Woods Circle  
Suite 200  
Alpena, MI 49707  
(989) 356-4507  
Fax (989) 356-3529  
1-800-221-0294

### Cheboygan County

Doris E. Reid Center  
825 S. Huron St.  
Suite 1  
Cheboygan, MI 49721  
(231) 627-8850  
Fax (231) 627-9466

### Montmorency County

P.O Box 183  
12519 State St.  
Atlanta, MI 49709  
(989) 785-4428  
Fax (989)785-2217

### Presque Isle County

106 E. Huron St.  
Suite A  
Rogers City, MI 49779  
(989) 734-4723  
Fax (989) 734-3866

[www.dhd4.org](http://www.dhd4.org)