

Face Coverings



The primary purpose of a cloth face covering is to prevent the spread of coronavirus between people in the same environment. Cloth face coverings, including gaiters, should consist of two or more layers and be worn over the mouth and nose to stop the spread of COVID-19.

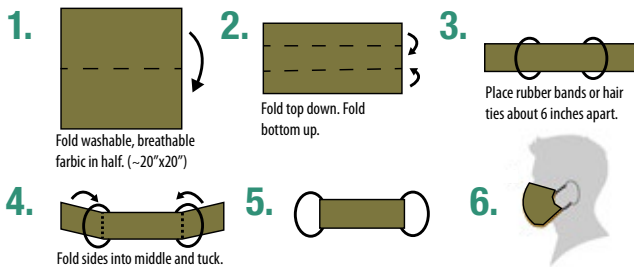
DoD requires all persons to wear cloth face coverings on DOD property, installations, and facilities in public areas and work centers. Cloth face coverings should be worn at all indoor or outdoor gatherings with people who live outside your home (on or off DOD property). This is especially important when indoors.*

* For the guidance, visit <https://www.defense.gov/Newsroom/Releases/Release/Article/2138340/dod-guidance-on-the-use-of-cloth-face-coverings/>



Army Combat Uniform (ACU) material is not recommended for use as a face covering because of the type of fabric used and the different treatments, like insect repellent and flame retardant, applied to the fabric.

Make a cloth face covering from a t-shirt



Instructions for other types of Do It Yourself face covers can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

YOU SHOULD WEAR A SURGICAL MASK:

- when a medical provider diagnoses you with COVID-19
- if you are caring for someone confirmed to have COVID-19 (both you and the patient should wear masks when in close contact)

The face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must be reserved for healthcare workers and other medical first responders.



Proper wear and care of cloth coverings

- Do not use face coverings that have a built in exhalation valve.
- Change face covering when it becomes soiled or excessively wet.
- Discard face covering when it becomes damaged, no longer covers nose and mouth, cannot remain on face, or can no longer be cleaned.
- Do not place cloth face coverings on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the covering without assistance.
- Clean your hands with soap and water or an alcohol-based hand sanitizer before and after putting on the cloth face covering.
- Ensure your nose, mouth and chin are covered; ensure the areas around the nose, sides, and chin are tight, but do not restrict your ability to breathe.
- Avoid touching the cloth face covering. Remove by grasping the elastic ear bands or untying. Do not touch the front of the covering.
- Routinely wash by hand, or in a washing machine, using warm water and regular detergent.



For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>
<https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.



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The Army COVID-19 Information Hotline:

1-800-984-8523
Overseas DSN 312-421-3700
Stateside DSN 421-3700