FOR IMMEDIATE RELEASE
Mono County Health Department and Mammoth Hospital

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MONO COUNTY HEALTH DEPARTMENT AND MAMMOTH HOSPITAL RECOMMEND THE USE OF FACE COVERINGS IN PUBLIC

April 3, 2020 - California's public health officials released guidance on the use of cloth face coverings to protect against COVID-19 for Californians who must leave their homes to conduct essential activities.

The guidance does not require people to wear face coverings – and is not a substitute for the state's current guidance regarding social distancing and hand washing. The state also does not recommend Californians use N-95 or surgical masks, which are needed for health care workers and first responders who will be there for us when our lives are at risk.

Mono County Health Officer, Dr. Boo, stated that he is in full support of masking-up when you must be in public and out of your home for essential activities, such as shopping at the grocery store. Dr. Boo strongly emphasizes that wearing a cloth face covering or mask does not replace frequent hand washing nor does it eliminate the need to physically distance yourself from others.

"Wearing a cloth face covering or mask could provide some additional benefit by acting as a reminder for other people to keep their distance," stated Dr. Boo. "In addition, it could help reduce the spread of infectious particles from those who could be infected but don't have symptoms."

Mammoth Hospital strongly supports the use of masks or homemade face coverings.

"Simple masks that cover the mouth and nose may help prevent the spread of COVID-19. When you wear a mask, it helps you avoid transmitting the virus to surfaces, which could result in infecting others," stated Chief Medical Officer Dr. Craig Burrows.

A face covering or homemade mask that covers the nose and mouth can be made of a variety of materials, such as cotton, silk, or linen. It can be secured to the head with ties or straps or simply wrapped around the lower face. A cloth face covering may be factory-made or sewn by hand or can be improvised from household items such as scarfs, T-shirts, neck gaiters, or towels.

Mammoth Hospital has some easy to follow instructions and short videos on how to sew or make simple homemade face coverings: https://mammothhospital.org/2020/03/22/covid-19-task-force-2/.

Face coverings or masks need to be used correctly to be effective at stopping the virus. Users of masks and face coverings should follow these instructions in order to avoid accidental mask to hand to surface contamination:

- Always wash your hands after touching your mask
- Never touch the inside of your mask
- When not in use, store your mask in a paper bag
- Wash your hands after placing a mask on your face
- When using a homemade mask, store it in a paper bag while not in use so it does not contaminate surfaces
- Wash homemade cloth masks with hot water and soap daily to kill infectious material on the surface of the mask

Both the Mono County Health Department and Mammoth Hospital strongly endorse the use of face coverings or masks in the public. However, they are not a replacement for other evidence-based measures such as physical distancing, frequent hand washing practices, and remaining at home when not doing essential activities.

Read the new guidance for face coverings on the California Department of Public Health's website: https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Face-Coverings-Guidance.aspx

Together, we can help to keep all of us safe!

Distance. Wash. Cover.

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Please utilize the resources below for local information about the coronavirus.

Call: 211 (English & Spanish) | Website: MonoHealth.com/Coronavirus
Facebook.com/MonoHealthDepartment | Instagram.com/MonoCountyHealthDepartment |
Twitter.com/CountyMono
Short-Term Rental Hotline (760) 965-3670 or TOT@townofmammothlakes.ca.gov
Mono County Code Compliance (760) 925-1800
Emergency Operations Center (760) 932-5650