

Guide to Face Coverings

bchd.org/coronavirus

Source:
Centers for Disease Control
and Prevention, UC Berkeley
Health Services



Youth Advisory Council

Proper use of cloth face coverings prevents the spread of COVID-19.

There are several kinds of face coverings you can use.

Homemade Cloth Face Covering

Make sure the cloth covers your nose and the bottom of your chin. It should fit snugly on the sides of your face.



Neck Gaiter

These coverings are usually made of thin material, so layering the fabric can help improve containment. Make sure that the top of the gaiter covers your nose.



Bandana

Bandana material is thin, so layering the fabric can help improve containment. There are several ways to wear a bandana as a face covering, but make sure that the fabric always covers your nose and chin.

