



Healdsburg Community Nursery Preschool in COVID-19

During COVID-19 we will do our best to adhere to the following guidelines. These have been developed in accordance with the California Department of Public Health. The health of our staff, students and families is a top priority as well as providing a place for children to learn and grow together.

CLOTH FACE COVERING INSTRUCTIONS

Why wear a cloth face covering?

The World Health Organization, Center for Disease Control, California and Sonoma Department of Public Health agree that the primary mode of transmission for COVID-19 is spread when infected people cough, talk, raise their voice or sneeze. Recent studies show that a significant portion of individuals with COVID-19 lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. (CDC, 2020)

Face coverings serve two purposes:

1. Limit large respiratory droplets from spreading.
2. Prevent the user from touching their face, especially their nose and mouth. (SCOE Roadmap, 13)

Cloth face covering general guidance:

- Launder before first use and after each subsequent use.
- Use a non-medical mask.
- Do not touch the main mask area which is what catches germs. Touch only the loops.
- Always wash your hands before and after using the mask.

Putting on your cloth face covering:

- Wash your hands for 20 seconds with soap and water before putting on your mask.
- Grab the ear loops and pull them around your ears one at a time. Ensure your nose and mouth are covered and secure it under your chin using the ear loops.
- Try to fit the mask snugly against the sides of your face.
- Make sure you can breathe easily.
- Wash your hands again.

Removing your cloth face covering:

- Wash your hands for 20 seconds with soap and water.
- Take off face covering by stretching the ear loops. Handle only by the ear loops.
- Fold outside corners together.
- Place face covering in the washing machine.
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

Cleaning your cloth face covering:

- Machine wash: You can include your mask with your regular laundry. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.
- Hand wash: You can also hand wash your mask using hot, soapy water. Scrub the mask for at least 20 seconds.

Drying your cloth face covering:

- Place in the dryer on high heat until completely dry.
- To air dry, lay flat and allow to completely dry. Place the mask in direct sunlight if possible.

