

# COVID-19 PROTECTION for MAINE PEOPLE

Beginning May 1<sup>st</sup>, Stage 1 of the plan to restart Maine's economy goes into effect. This plan requires Maine people to wear cloth face covering in public settings where physical distancing measures are difficult to maintain.

Cloth face coverings should fit snugly, but comfortably, against the side of the face; use ties or ear loops to secure it in place; include multiple layers of fabric; and allow for breathing without restriction.

However, children younger than 2 years old and others who cannot remove a cloth face covering by themselves should not wear them. Also, some people may find cloth face covers to be difficult to tolerate for extended periods of time. Therefore, this information sheet offers guidance on what to do in these situations.



A cloth face covering protects others by stopping your large respiratory droplets moving out into the air and is the **BEST choice** for “source control”.



For those who may not be able to wear or tolerate a cloth face covering...



Cover your cough/sneeze with a tissue. Please wash or sanitize your hands after disposing of the tissue...OR...cough/sneeze into your sleeve. Try not to touch that area of your sleeve.



Wearing a face shield would be the **2<sup>nd</sup> BEST choice** for protecting others as it will prevent some large respiratory droplets from moving into the air. Face shields should cover the forehead, extend below the chin, and wrap around the side of the face. A face shield...

- May be more comfortable to wear
- Helps to keep you from touching your face
- Offers some protection to you by blocking large respiratory particles from reaching your face
- Acts as a reminder to you and others to maintain physical distancing
- Allows others to see your facial expressions and lip movements for speech perception
- Can be cleaned with soap & water or household disinfectant and reused
- Availability of face shields may vary