



## FAQs related to universal facial coverings

--Why do we need to wear facial coverings?

Evidence shows that around 20 percent of COVID-19-infected people are asymptomatic—having no symptoms. This means that the risk of transmitting the virus to another person, unwittingly, is high.

Facial coverings should be worn when social distancing of 6 feet or more cannot be possible around non-household contacts.

Me wearing a mask protects you, and you wearing a mask protects me.

--Who must wear a facial covering?

All community members must take upon themselves the responsibility to adhere to Public Health recommendations to reduce the transmission of the virus. All residents shall wear facial coverings when social distancing of six feet or more cannot be achieved between people from separate households.

Children younger than 2 years old should not wear a facial covering due to the risk of suffocation.

Facial coverings are not required if:

- A medical professional has advised that wearing one may pose a health-related risk
- Wearing one would create a risk related to their work as determined by local, state or federal regulators or workplace safety guidelines
- A face covering should not be used by anyone who has trouble breathing, or is otherwise unable to remove face covering without assistance.

--What can I use as a facial covering?

A facial covering is made of cloth, fabric or other soft, permeable material without holes. It should cover the nose, mouth and chin, but not cover eyes. Examples include a scarf, bandana, neck gaiter, or repurposed T-shirt. Go to [BePreparedYuba.org](http://BePreparedYuba.org) or [BePreparedSutter.org](http://BePreparedSutter.org) for links on how to DIY. Leave surgical masks and n95s to healthcare personnel and first responders.

--Do I have to wear a facial covering while jogging, hiking or biking?

Wearing a facial covering is not required while doing outdoor recreation like walking, hiking, bicycling or running. BUT—each person engaged in these activities must comply with social distancing requirements of at least 6 feet from all other people not part of the same household.

However, each person engaging in such recreational outdoor activities should bring a facial covering and wear it at times when it is difficult to maintain social distancing.

Because running and bicycling causes people to forcefully expel airborne particles, runners and cyclists must take steps to avoid exposing others to particles. For example: crossing the street when running to avoid sidewalks with pedestrians; slowing down and moving to the side when unable to leave the sidewalk and nearing other people; never spitting; and avoiding running or cycling directly in front of behind another runner or cyclist who is not in the same household.