

## STAFF UPDATE FROM COLLEGE NURSE RENEE BRUCKSCHEN – April 29, 2020

Good afternoon,

Physical distancing and wearing face coverings when out in public, are going to be a part of our new normal for the near future. When we welcome you back to campus, we will be following these guidelines as well. I wanted to offer you some highlights of why this is important and how to do it correctly.

Here are some helpful tips for cloth face covering use and cleaning.

Cover your mouth and nose with a cloth face cover when around others;

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for physical distancing.

According to the Centers for Disease Control and Prevention (CDC), cloth face coverings should:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

A washing machine should suffice in properly washing a face covering. The face covering should be routinely washed depending on the frequency of use. Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

Please view the attached fact sheet for more cloth face covering information.

["Use of Cloth Face Coverings to Help Slow the Spread of COVID-19"](#)

As the Safer at Home order continues, it is challenging for all of us to remain distanced from friends and family, but it is an important step to slow the spread of this virus. Please view my video to hear my thoughts on why physical distancing is so important.

<https://lrc.hosted.panopto.com/Panopto/Pages/Viewer.aspx?id=61c77db1-9768-478e-8022-abab00e7daea>

Looking forward to seeing you on campus soon, until then, stay healthy.

Renee Bruckschen  
College Nurse & Occupational Health Specialist

