



Welcome back to campus.

As part of the ongoing effort to protect the health and safety and to slow the spread of coronavirus, UW-Stevens Point is providing cloth face coverings and a personal refillable bottle of hand sanitizer.

Using a cloth face covering

UW-Stevens Point requires that everyone who comes to our campuses wears a cloth face covering, especially in public settings where social distancing measures are difficult to maintain. This is part of our ongoing effort to protect health and safety and to slow the spread of coronavirus in our communities.

COVID-19 spreads mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Studies and evidence on infection control report that these droplets usually travel around 6 feet (about two arms lengths).

The CDC advises the use of cloth face coverings to decrease the risk of that individual spreading the virus when they are asymptomatic or having mild symptoms of early illness. This is to protect the general public and help decrease the spread.

When to use a cloth face covering:

- Everyone is required to wear cloth face coverings in all campus buildings when others are present and wherever physical distancing of six feet is difficult to maintain.
- Use cloth face coverings at events and at settings where individuals might raise their voice for shouting, singing or chanting.
- Don't place cloth face coverings on:
 - Babies or children younger than 2 years old
 - Anyone who has trouble breathing
 - Anyone who is unconscious, incapacitated, or otherwise unable to remove the cloth face covering without assistance

How to wear your face covering correctly:

- Wash hands or use hand sanitizer prior to handling the face covering/disposable mask.
- Ensure the face-covering/disposable mask fits over the nose and under the chin.
- Situate the face-covering/disposable mask properly with nose wire snug against the nose (where applicable).
- Tie straps behind the head and neck or loop around the ears.
- Throughout the process: Avoid touching the front of the face covering/disposable mask.
- Make sure you can breathe easily

- If using a tension relief band, attach band to the ear loops at a setting to fit the back of your head
- Keep the covering on your face the entire time you are in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, wash your hands
- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

How to remove your cloth face covering

- Do not touch your eyes, nose, or mouth when removing the face covering/disposable mask.
- When taking off the face covering/disposable mask, loop your finger into the strap and pull the strap away from the ear, or untie the straps.
- Fold outside corners together
- Wash hands immediately after removing.
- Wash and dry face covering (see below)

How to care for your cloth face covering:

- Cloth face coverings should be properly laundered before first use, and after each shift/day of use.
 - You can include your face covering with your regular laundry or wash by hand.
 - Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.
 - Make sure to dry completely.
- Keep face coverings/disposable mask stored in a paper bag when not in use.
- Cloth face coverings should be replaced immediately if soiled, damaged (e.g., ripped, punctured) or visibly contaminated.
- Disposable masks must not be used for more than one day and should be placed in the trash after your shift or if it is soiled, damaged (e.g., stretched ear loops, torn or punctured material) or visibly contaminated.

Drying

- Dryer - Use the highest heat setting and leave in the dryer until completely dry.
- Air dry - Lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.



University of Wisconsin
Stevens Point

STEVENS POINT • MARSHFIELD • WAUSAU