The Centers for Disease Control and Prevention (CDC) now recommends wearing cloth face coverings in public places where you may be near other people to prevent the spread of coronavirus (COVID-19). These places include grocery stores and pharmacies.

Partnership HealthPlan of California (PHC) asks members – and everyone – to follow this advice. You should also follow “social distancing” guidelines, which means keeping 6 feet of space between you and others, even when wearing a face covering.

Here are some key points about cloth face coverings:

- The cloth face coverings are not surgical masks or N-95 respirators. Those should be saved for medical workers.
- You can make your own cloth face covering, even if you don’t sew. [Click here to see the CDC’s instructions.](#)
- Wash your cloth face covering often in a washing machine.
- Be careful not to touch your eyes, nose, and mouth when taking off your face covering.
- Wash your hands or use hand sanitizer every time you put your face covering on AND every time you take it off.
- Keep your face covering in a clean, dry space when you are not wearing it at home. Keep your face covering in a different place from other family members’ face coverings.
- It is a good idea for everyone to have 2 face coverings, so that one can be used when the other is in the wash, gets lost, or is damaged.