

Cloth face coverings will be *required* by all staff and students while in school this year. BSD is happy to provide cloth masks for students. Please find more information below.

### Cloth Facial Coverings

#### How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly over the nose and under the chin 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

*The image to the right from UVM Medical Center is a great example of the proper way to wear masks.*

Cloth face coverings should be routinely washed or otherwise cleaned regularly.

#### Face Coverings to Avoid

If you can feel air on your hand when you blow through the mask, it is not effective and should not be worn.

Gaiters and bandanas from home are not acceptable face covering options in BSD. (Athletic gaiters provided to players by BSD are ONLY for athletics, and should not be worn in school.)

Masks with exhalation valves or vents are not acceptable face covering options in BSD. These are *not recommended* by the CDC because they do not protect others from the breath or exhalation of the wearer, therefore, do not protect against the spread of coronavirus.

#### More Resources

UVM Medical Center **Spread Facts, Not COVID-19: Kids and Masks** (4-part video series [www.uvmhealth.org/coronavirus](http://www.uvmhealth.org/coronavirus))

