



Who is this guidance for

- Healthcare, Emergency, and First Responders
- Marin County Residents
- Disaster Service Workers

Why is the guidance needed

COVID-19 is a respiratory illness that has spread worldwide and is caused by a novel virus (a virus we have not seen before). California is one of the hardest-hit states, and Marin County currently has ongoing transmission of COVID-19. Because COVID-19 is new, we are still learning about it and the virus that causes it.

- **As of April 3, 2020, CDC announced new guidelines for face coverings.**
- **As of April 6, 2020, Marin County HHS in coordination with other Bay Area Public Health Departments issued a recommendation that individuals cover their nose and mouth when outside the home.**

General Recommendations

Prioritization of Personal Protective Equipment (PPE) Tier System:	
<p>Tier 1:</p> <ul style="list-style-type: none"> • Primary: N95 or Surgical Masks at all times 	<ul style="list-style-type: none"> • Emergency Medical Services (paramedics, EMTs) • Hospital Emergency and ICU Departments
<p>Tier 2:</p> <ul style="list-style-type: none"> • Primary: N95 or Surgical Masks when in close contact with at-risk individuals • Secondary: Face covers when not in close contact with at-risk individuals 	<ul style="list-style-type: none"> • All other hospital clinical units • COVID-19 testing centers • Law Enforcement (incl. jail) • Government Disaster Service Workers providing face to face client services • Urgent Cares • Skilled Nursing Facilities • Medical Transport Services • Coroner's Office
<p>Tier 3</p> <ul style="list-style-type: none"> • Primary: Face Covers • Secondary: N95 or Surgical Masks if in close contact with at-risk individuals 	<ul style="list-style-type: none"> • Hospital non-clinical units • Government Disaster Service Workers <u>not</u> providing face to face client services • Childcare Providers • Healthcare Provider Offices • Outpatient Clinics • Home Health Care • Funeral Homes
<p>Tier 4</p> <ul style="list-style-type: none"> • Primary: Face Cover only <p>No N95 or Surgical Masks</p>	<ul style="list-style-type: none"> • Public • Essential Business Workers (for example grocery staff)



Important definitions:

- **PPE:** Personal Protective Equipment is clothing or equipment designed to protect the wearer from infection. It includes things like gowns, face mask and shields, etc.
- **Face Mask:** N95 or surgical masks for use by healthcare or emergency responders only.
- **Face Cover:** fabric covers for use by non-healthcare or emergency providers.

Key Guidance for the Public:

Cloth masks are recommended for members the public, not surgical masks or N95's. We must save these masks for the people taking care of our sick loved ones.

1. Stay at home: The shelter in place order to stay home is still in effect:

- Only leave the home for essential activities such as grocery shopping.
- Continue to maintain a proper social distance of at least 6 feet when outside your home.

2. Cover your face when you leave the house: cloth face coverings, combined with staying at home, proper social distancing, and rigorous handwashing may help prevent the spread of the virus if you must leave your home for essential activities.

- Face coverings **SHOULD NOT** be used for children under the age of 2.
- **Use homemade cloths face covering:** A face covering can be a bandana, scarf, towel, or other cloth that covers your mouth and nose.
- **Be sure to wear and clean your face covering properly.** Coverings should fully cover your nose and mouth. They should be washed frequently (ideally after each use) with detergent and hot water, and dried on a hot cycle.

Safety guidance as well as how to make cloth face coverings can be found at:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- Kaiser Permanente: <https://www.youtube.com/watch?v=4aMCFnK5bHk&feature=youtu.be>

- **Wash your hands before AND after touching your face or face covering.**

3. Washing your hands offers better protection than gloves :

- **Wash your hands often and thoroughly with soap and water for at least 20 seconds** especially after coughing, sneezing, or blowing your nose, or after going to the bathroom. Alcohol-based hand sanitizer with a minimum content of 62% alcohol can be used instead of soap and water if the hands are not visibly dirty.



COVID-19 Guidance

Use of Masks and Gloves

- **Wash your hands immediately after handling mail or groceries.** If you choose to wear gloves when you are outside your home, you should know how to take them off without contaminating yourself. Whether or not you use gloves, you should always wash your hands thoroughly when you return home.

Where to get more information and help

CDC Detailed Recommendations for Household Cleaning and Disinfection:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

Mental or Emotional Health Support: <https://www.211ca.org/> or call 2-1-1.

Updated COVID-19 Cases:

- Worldwide: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/world-map.html>
- United States: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>
- California: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- Marin County: <https://coronavirus.marinhhs.org/>

Sources:

- *Centers for Disease Control*
- *California Department of Public Health*
- *Environmental Protection Agency*
- *Marin Health and Human Services*