

Sierra County Public Health Department

COVID-19 Health Alert

Guidance on the Use of Cloth Face Coverings

The best community and individual defense against COVID-19 is to frequently wash your hands, avoid touching your eyes, nose, and mouth, and continue to practice social distancing.

Many people are choosing to use a cloth face covering when leaving their homes to conduct essential activities. Currently, there is limited evidence to suggest using a face covering reduces disease transmission during a pandemic. Sierra County Public Health Department supports those that would like to wear a face covering, but does not formally recommend doing this.

Sierra County Public Health Department is asking that if you choose to wear a cloth face covering, please continue to practice social distancing (staying at least 6 feet apart from others) and washing your hands often with soap and water.

Key Points:

- Practicing social distancing and regular handwashing is the best defense against COVID-19.
- There is currently no county ordinance requiring you to wear a cloth face covering while in public.
- Sierra County is not able to provide cloth face coverings or masks of any kind to community members.
- Sierra County Public Health Department does not recommend using N-95 masks or surgical masks, as those are in high demand for health care workers and first responders.
- For more information about face coverings, please visit:

[www.cdph.ca.gov/Programs/CID/DCDC/Pages/
Face-Coverings-Guidance.aspx](http://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Face-Coverings-Guidance.aspx)

