

Sierra County Public Health Department

Updated Guidance on Cloth Face Coverings

The Centers for Disease Control and Prevention (CDC) consistently update their COVID-19 recommendations to reflect new evidence as it emerges. This means the information you receive from the Sierra County Public Health Department may be altered over time to follow suit with the CDC in an effort to keep our community safe and healthy. One of these recommended changes are to the current cloth face covering guidance.

We now know from recent studies that a significant portion of people with COVID-19 do not show any symptoms or do not develop symptoms until after they have already spread the virus to others. This means the virus can spread between people interacting in close proximity, even if they are not exhibiting symptoms. In light of this new evidence, the Sierra County Public Health Department recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as in indoor settings like stores and the post office.

Sierra County Public Health Department is asking that if you choose to wear a face covering, please continue to maintain at least 6 feet between yourself and others (physical distancing) and continue washing your hands often with soap and water. Wearing a cloth face covering is not a substitute for physical distancing, washing hands or staying home when ill.



Key Points:

- Practicing physical distancing and regular handwashing is the best defense against COVID-19.
- Cloth face coverings should be worn in public settings where physical distancing measures cannot be maintained (i.e. stores, post office).
- 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.

