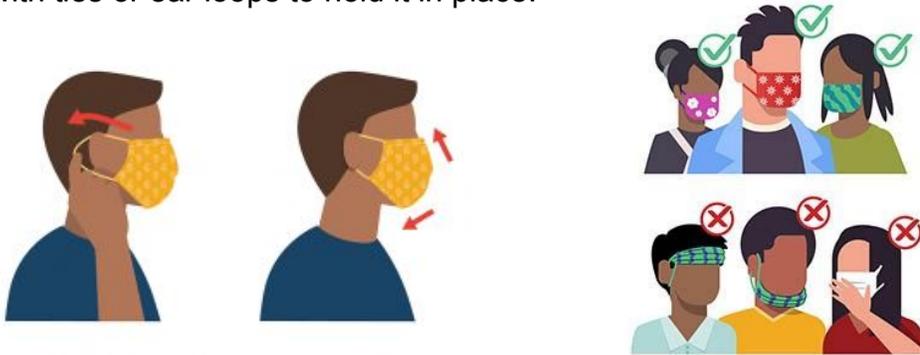


Masks, Face Coverings, and Face Shields

CDC recommends that people, **including teachers, staff, and students**, wear cloth face coverings in public settings and when around people who don't live in your household. Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others.

- Masks/face coverings must be worn upon entering Valley Road School.
- A mask/face coverings can include disposable masks, cloth masks, neck gaiter, or a religious face covering.
- A mask/face covering must cover the nose and mouth completely. The covering should fit snugly but comfortably against the sides of the face and be secured with ties or ear loops to hold it in place.



- Any masks/face coverings that incorporate valves to facilitate easy exhaling, mesh masks, or masks with openings, holes, visible gaps in the design or materials, or vents are not sufficient face coverings because they allow droplets to be released from the mask.
- Masks should not cover the student/staff's entire face or head (i.e. toy costume masks, ski masks, helmets, etc.)
- Students/staff/visitors must remain identifiable to school staff/administrators while wearing their mask. Students/staff/visitors may be asked by school administration to remove their mask to verify their identity.
- Students and staff should never share or swap face coverings/masks.
- All masks/face coverings must follow current school dress codes.

It is not known if face shields provide any benefit as source control to protect others from the spray of respiratory particles. **CDC does not recommend use of face shields for normal everyday activities or as a substitute for cloth face coverings.**

- Face shields may be an alternative for students/staff identified by the district in coordination with the student's/staff's medical provider for those with medical, behavioral, and other challenges who are unable to wear a face mask that covers their nose and mouth.

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- When approved a face shield must extend below the chin and to the ears, and there should be no exposed gap between the forehead and the shields headpiece.

How to Wash Cloth Face Coverings

Cloth face coverings should be washed after each use. It is important to always remove face coverings correctly and wash your hands after handling or touching a used face covering.

How to clean

Washing machine

- You can include your face covering with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.



Washing by hand

- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or
 - 4 teaspoons household bleach per quart of room temperature water
- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach any other cleanser.
- Soak the face covering in the bleach solution for 5 minutes.
- Rinse thoroughly with cool or room temperature water.



Make sure to completely dry cloth face covering after washing.

How to dry

Dryer

- Use the highest heat setting and leave in the dryer until completely dry.



Air dry

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- Lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>