The CDC currently recommends wearing a mask to protect others. These recommendations are for general custodial work in industries with a low risk of exposure to people with COVID-19, using a mask is currently not required for WA workers. For workers in higher risk situations, who may need respiratory protection, please see the latest guidelines from the CDC.

Making a mask: This video shows you how to make one without sewing: How to Make Your Own Face Covering. If you have a sewing machine, try these: How to Make a DIY Face Mask (that has a filter), OR, How to Sew a Fitted Cotton Face Mask.

Some important things to know about homemade masks:
- Use tightly woven but breathable material.
- Consider layering the material.
- Make a mask that is close-fitting around your nose and mouth (snug).
- Make more than one so when one gets dirty you have another.
- They must be breathable! If you have asthma or any condition that makes breathing difficult consult a doctor before wearing a mask.

How to wear and use a homemade mask:
- Wash your hands thoroughly before putting on the mask, and immediately after taking the mask off.
- The mask should cover your nose and mouth.
- The used mask may not look dirty but needs to be washed in hot water, and dried at high temperatures, after EACH use. When your breath gets a mask damp, they may be less effective, change often if needed.
- Use the elastic or ties to remove the mask.
- Never remove your mask by touching the mask material itself.

Benefits of wearing a homemade mask:
- Wearing a homemade mask may not protect you from COVID-19, but it will protect others if you are sick.
- By wearing a mask, it reminds people to keep a safe distance from each other, and
- Prevents you from touching your mouth, nose, and parts of your face with an unwashed hand.
- Even when wearing a homemade mask, you should continue to practice social distancing (keep 6 feet away from others, avoid close contact).