

## Company Recommendations on Face Masks

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The Centers for Disease Control and Prevention (CDC) updated its recommendation on the use of masks and other types of face coverings in public settings where social distancing measures are difficult to maintain. Wearing masks is intended to help prevent individuals who have coronavirus (COVID-19) and lack symptoms – or are asymptomatic – from spreading the disease to others.

While masks are not required, employees who have purchased or made their own masks may choose to wear them while working. In addition, the company has been working to obtain a very large quantity of surgical-type masks, some of which have been delivered and are being dispersed to facilities across our service area. Since these surgical masks are intended for one-time use, you may want to try one of the methods to sanitize them for reuse until more shipments arrive.

Employees performing work on energized facilities may only wear masks that are FR-rated. We have ordered them for our front-line employees and supervisors, and they will be made available immediately upon delivery. Some employees have suggested making a mask using FR-rated clothing, like an old FR-shirt.

Remember, good social distancing and staying home when sick is important to helping prevent the spread of the virus to others. Any employee who has experienced a fever of 100.4°F or higher, or has a combination of cough, chills, sore throat, shortness of breath, headache or other symptoms indicative of COVID-19 within the last 24-48 hours **should stay home**.

It's also important that you continue to wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer. Avoid touching your eyes, nose and mouth with unwashed hands. Cover your mouth and nose with a tissue when you cough or sneeze – or use the inside of your elbow – and disinfect frequently touched items and surfaces.

### Cloth Masks 101

There are different types of masks that are available to the general public, including those that can be found at hardware and department stores, which may provide some level of protection. Cloth masks can be found on online retailers, though the quality varies. Many experts recommend making your own. Here are some tips from the CDC on a [DIY mask](#). And keep an eye out for a quick tutorial video coming soon from our traveling reporter!