



## UPDATED GUIDANCE AS OF 28 APRIL 2020

### Who is this guidance for

- Healthcare, Emergency, and First Responders
- Marin County Residents
- Disaster Service Workers
- Marin County Essential Businesses

### Why is the guidance needed

COVID-19 is a respiratory illness that has spread worldwide. California is one of the hardest-hit states, and Marin County currently has ongoing transmission of COVID-19. Because COVID-19 is new, we are still learning about it and the virus that causes it.

### **As of April 17, 2020, the County of Marin is requiring the public wear face coverings when:**

- Inside public spaces or waiting in line to enter public spaces
- Seeking healthcare
- Waiting for or riding on Mass Transit or other shared transportation. This includes drivers/operators of public transit.
- Workers at businesses physically open and in areas where the public is present, likely to be present, or at any time when others are nearby. This guidance includes any room or open area where others are present including offices with cubicles.
- Workers in any space where food is being prepared and/or packaged for sale.
- In common areas such as hallways, stairways, elevators, and parking facilities.

#### **Exemptions:**

- **Young Children:** Children under 12 years of age are not required to wear a face covering
- **Medical Exemptions:** Face coverings should not be worn by anyone with a medical condition that makes breathing difficult, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **Outdoor Recreation:** It is recommended but not required while engaged in activities such as walking, hiking, bicycling, or running.
  - You must still maintain 6 feet social distancing to the extent possible
  - You should still bring a face covering, even if you chose not to wear it, in case you find yourself in a situation where it is difficult to maintain social distancing

**Per the current stay at home order, the use of masks or face coverings does not replace the need for social distancing when feasible.**



**General Recommendations**

**There is currently not a sufficient supply of N95 respirator masks in the County of Marin.** The County of Marin HHS is asking all Marin residents to reserve N95 and surgical masks for our healthcare workers. We thank everyone for their patience as we all do our best to protect those who are caring for our sick.

**Important Key Points:**

- There are currently not enough N95 masks in the County of Marin
- N95 masks are reserved solely for healthcare workers
- If health facilities do not have sufficient quality of N95 respirator masks, masks may need to be reused
- Fabric face coverings are recommended for the general public
- Use of masks or face coverings does not replace the need for social distancing when feasible.
- Any individual wishing to assist in protecting our healthcare workers are encouraged to donate PPE (N95 and surgical masks are our greatest need). More information about donations can be found at: <https://coronavirus.marinhhs.org/faq/where-should-i-go-if-i-would-ot-make-donation>

County of Marin recommends the below prioritization of PPE:

<b>Prioritization of Personal Protective Equipment (PPE) Tier System:</b>	
<p><b>Tier 1:</b> N95 or Surgical Masks at all times</p>	<ul style="list-style-type: none"> <li>• Emergency Medical Services (paramedics, EMTs)</li> <li>• Hospital Emergency and ICU Departments</li> <li>• Skilled Nursing Facilities</li> </ul>
<p><b>Tier 2:</b> N95 or Surgical Masks routinely; Face covers when not in close contact with at-risk individuals</p>	<ul style="list-style-type: none"> <li>• All other hospital clinical units</li> <li>• COVID-19 testing centers</li> <li>• Law Enforcement (incl. jail)</li> <li>• Government Disaster Service Workers providing face to face client services</li> <li>• Urgent Cares</li> <li>• Medical Transport Services</li> <li>• Coroner's Office</li> </ul>
<p><b>Tier 3:</b> Face Covers routinely; N95 or Surgical Masks if in close contact with at-risk individuals</p>	<ul style="list-style-type: none"> <li>• Hospital non-clinical units</li> <li>• Government Disaster Service Workers <u>not</u> providing face to face client services</li> <li>• Childcare Providers</li> <li>• Healthcare Provider Offices</li> <li>• Outpatient Clinics</li> <li>• Home Health Care</li> <li>• Funeral Homes</li> </ul>



### Important definitions:

- **PPE:** Personal Protective Equipment is clothing or equipment designed to protect the wearer from infection. It includes things like gowns, face mask and shields, etc.
- **Face Mask:** N95 or surgical masks for use by healthcare or emergency responders.
- **Face Cover:** Cloth fabric covering of nose and mouth.

### Key Guidance for Healthcare Workers:

For healthcare facilities without an ample supply of N95 masks, we recommend following the CDC guidance:

- Reserved supply of N95 mask ONLY for healthcare workers. The CDC recommends:
  - Minimizing the number of individuals who need to respiratory protection
  - Use alternative to N95 respirators when feasible
  - Prioritize use of N95 respirators for those at highest risk of contracting or experiencing complications of infection
- Continue use of an N95 mask until it is physically damaged, soiled or becomes wet.
- Use a cleanable face shield over an N95 respirator if feasible to reduce surface contamination.
- Perform hand hygiene with soap and water or an alcohol-based hand sanitizer before and after touching or adjusting the respirator.
- No “fit testing” needed for N95 usage.
- **Discard N95 respirator if:**
  - Used during aerosol generating procedures.
  - Contaminated with blood, respiratory or nasal secretions, or other bodily fluids from patients.
  - Leaving the care area of any patient co-infected with an infectious disease.
  - Obviously damaged, soiled or becomes hard to breathe through.



## Key Guidance for the Public:

**Cloth masks are recommended for members the public, not surgical masks or N95's. We must save these masks for the people taking care of our sick loved ones.**

**1. Cover your face when you're with others who are not part of your household:** cloth face coverings, combined with staying at home, proper social distancing, and rigorous handwashing may help prevent the spread of the virus if you must leave your home for essential activities.

- Face coverings do not need to be worn by children under 12 and **must not** be used for children under the age of 2.
- Face coverings **should not** be worn by anyone with a medical condition that makes breathing difficult, or is unable to remove the mask without assistance.
- **Use homemade cloths face covering:** A face covering can be a bandana, scarf, towel, or other cloth that covers your mouth and nose.
- **Be sure to wear and clean your face covering properly.** Coverings should fully cover your nose and mouth. They should be washed frequently (ideally after each use) with detergent and hot water, and dried on a hot cycle.
- Safety guidance as well as how to make cloth face coverings can be found at:  
CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-clothface-coverings.html>
- Wash your hands before and after touching your face or face covering.

**2. Washing your hands offers better protection than gloves**

- **Wash your hands often and thoroughly with soap and water for at least 20 seconds** especially after coughing, sneezing, or blowing your nose, or after going to the bathroom. Alcohol-based hand sanitizer with a minimum content of 62% alcohol can be used instead of soap and water if the hands are not visibly dirty.
- **If you choose to wear gloves when you are outside your home**, you should know how to take them off without contaminating yourself. Whether or not you use gloves, wash your hands thoroughly when you return home.

### Where to get more information and help

**CDC Detailed Recommendations for Household Cleaning and Disinfection:**  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

**Mental or Emotional Health Support:** <https://www.211ca.org/> or call 2-1-1.



**Updated COVID-19 Case Counts and Other Information:**

- California: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- Marin County: <https://coronavirus.marinhhs.org/>

**Sources:**

- *Centers for Disease Control*
- *California Department of Public Health*
- *Environmental Protection Agency*
- *Marin Health and Human Services*