

## Use of Cloth Face Coverings to Help Slow the Spread of Covid-19

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CDC continues to study the spread and effects of the novel coronavirus across the United States. We now know from recent studies that a significant portion of individuals with coronavirus lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. In light of this new evidence, [CDC recommends](#) wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas, like King County, with significant community-based transmission. CDC emphasizes that maintaining 6-foot social distancing remains important to slowing the spread of the virus.

Link to CDC document on Handmade Face Covers including instructions on how to make, wear and wash them: [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19](#)

The [Seattle Mask Brigade](#) is collecting fabric masks for distribution to shelters in King County.