



National Indian Health Board
**NATIONAL TRIBAL
 COVID-19 RESPONSE**

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03/04/2021

Face Coverings and COVID-19

Wearing a face covering or mask protects you from others and others from you against COVID-19, which spreads mainly from person to person and typically through respiratory droplets from coughing, sneezing, or talking. As of February 2021, masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States. Most states and Tribes have a mask mandate as a response to the public health emergency and to keep elders, vulnerable populations, and healthcare workers protected. Children over the age of two should wear a mask.

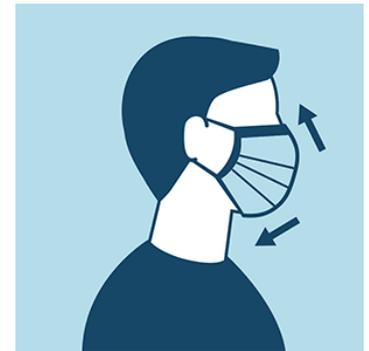
The Centers for Disease Control and Prevention (CDC) strongly recommends that people who received the COVID-19 vaccine (one dose or two dose vaccination) should continue to wear a mask or face covering in public spaces to stay protected. A person is considered [fully vaccinated](#) two weeks after receiving the last required dose of vaccine.

When to Wear a Face Covering or Mask		
Activity	Vaccination Status	
	Fully Vaccinated	Not Fully Vaccinated
Visit with other fully vaccinated people indoors		
Visit with unvaccinated people from a single household who are at LOW risk for severe COVID-19 disease indoors		
Going out in public places, such as grocery stores, gyms, gas stations, restaurants, and malls		
Traveling on a bus, train, airplane, or when using a taxi or Uber/Lyft		
Visit with unvaccinated people from a single household who are at HIGH risk for severe COVID-19 disease indoors		

Visiting elders in a long-term care facility or hospital		
Working outside of your own home		
Visiting entertainment areas, such as casinos, amusement parks, sports games		
Inside your home if someone you live with is sick with symptoms of COVID-19 or has tested positive for COVID-19		

Caring for Your Mask

It is recommended to wash masks daily either by hand or washer. Keep dirty/used masks separate from clean ones. Throw away disposable masks after **one** use. Store wet or dirty masks in a plastic bag, or throw them away. Masks that are not wet or visibly dirty should be stored in a paper bag. You can use regular laundry detergent and the appropriate washing machine settings, according to the fabric type. Dry your mask completely in a warm or hot dryer, or allow them to air dry in direct sunlight.



Source: CDC.gov

Double Masking and Improving the Fit

For optimal protection, the CDC recommends that masks have two or more layers of washable, breathable fabric that completely covers the nose and mouth and fits snugly against the sides of the face. Masks with a nose wire prevent air from leaking out. Some masks offer adjustable ear loops/straps for added comfort. CDC conducted an experiment to assess ways of improving the fit of medical procedure masks. Fitting a cloth mask over a medical procedure mask substantially improved the protection to the wearer and people around the wearer. This highlights the importance of good fit to maximize mask performance and the benefits of double masking.



Face shields are a personal choice and **not recommended** for use.

Disclaimer:

This fact sheet is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,000,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.