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Town of Westwood

Commonwealth of Massachusetts
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Recommendation Regarding the Use of Cloth Face Coverings

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

The Westwood Board of Health strongly encourages the entire community to adopt the latest CDC recommendations regarding face coverings in public spaces. It is vitally important that over the next few weeks we all do everything we can to slow the spread of COVID-19. Wearing a face covering can potentially reduce your risk of being infected as well as decrease the risk you could infect someone else. At this most critical time, the health and safety of our front line workers is paramount to the continuity of services we have all come to rely on. Please review the following guidelines;

The federal government has recommended the use of face coverings for individuals in public spaces where 6-feet of social distancing cannot be consistently maintained (e.g. grocery stores and pharmacies). It is critical to emphasize that maintaining 6-foot social distancing remains important to slowing the spread of the virus. CDC is advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

*It is important to note that your mask must be handled carefully as any viruses trapped on the fabric can then be transferred to your hands or other objects. You should wash your mask frequently.

For instructions on how to create your own face covering please click on the link below;
[CDC Face Covering Instructions](#)

From CDC.gov- "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."