Ready, Set, KNOW...

The 411 on Face Coverings at Home

for people who get support from a care provider

By order of the Washington State Department of Health

You **DO NOT** need to wear a face covering at home if you have a:

- Personal Care Provider (Individual or Agency), or
- Supported Living Provider

Exception: You **DO** need to wear a face covering if you have symptoms or test positive for COVID-19.

You **DO** need to wear a face covering if you live in an:

- Adult Family Home, Assisted Living or Nursing Home

Exception: You **DO NOT** need to wear a face covering in your bedroom, or while eating or outside with at least 6 feet from another person.

**Tips to make face coverings more comfortable:**

- Face coverings can be masks, bandanas, gaiters, face shields or scarves.
- Try fabric that feels light on your face, like cotton, or a face shield with hat.
- Use coverings that are easy to put on and take off.
- If ear loops hurt, use one with ties or a head band. Or a scarf that pulls up.

**Your care provider must always wear a mask to protect you.**

Even if you do not need to wear a face covering, your care provider does. If they refuse, let your case manager know.

**LEARN MORE**

The order that requires face coverings for people with care providers comes from the Washington State Department of Health. For updated information, visit: coronavirus.wa.gov.