



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.

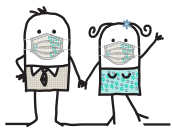
You **DO** need to wear a face covering if you live in an:



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.

Frequently Asked Questions for Residential Providers: informingfamilies.org/res-covid.