



TOWN OF WESTFORD
BOARD of HEALTH
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Public Health
Prevent. Promote. Protect.

Westford Board of Health
ORDER REGARDING FACE COVERINGS
AND CLOTH MASKS
May 6th, 2020

On May 6, 2020, Governor Baker ordered the use of face coverings when in public. This order requires that people over age two wear of face covering in public when social distancing is not possible. Face coverings should cover the mouth and nose. Face coverings are not required by people unable to wear them that have medical conditions.

- A face covering can include anything that covers your nose and mouth, including dust masks, scarves and bandanas.
- Do not use health care worker masks, such as the N95 masks - those should be preserved for healthcare workers.
- It is important that you wear these face coverings or masks in situations where it is difficult to maintain a social distance of six feet from others in places such as grocery stores, pharmacies, and other essential businesses. When you wear a cloth face covering, it should:
 - Fit snugly but comfortably against the side of the face.
 - Be secured with ties or ear loops,
 - Include multiple layers of fabric,
 - Allow for breathing without restriction, and
 - Be able to be laundered and machine dried without damage or change to shape.

When putting on and taking off a mask, do not touch the front of it, you should only handle the ties or ear straps, and make sure you wash the cloth mask regularly. Wash your hands or use hand sanitizer after touching the mask.

Cloth masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance. Instructions on how to make your own cloth mask are available on the Westford Health Department's web site.

In addition to wearing a cloth mask you should continue to use "best practice" methods to protect yourself.

- Practice social distancing at all times by remaining 6 feet away from others when you have to leave your home for essential trips.
- Stay home if you are sick and avoiding close contact with others.
- Wash your hands often with soap and water for at least 20 seconds; using alcohol based hand gel with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.