

Trends & Traditions

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FEATURED EVENTS

ZOOM 101

Right now, it is safer to stay at home than join large groups. Zoom meetings are a great way to engage with others socially, learn about new things, or take an exercise class. All you need is a computer with a webcam and microphone, or a tablet, or a smartphone. You could even join the class with just a regular telephone, but you would only get the audio portion. If you don't want to miss out on the fun anymore, join Ellie Gillespie as she walks you through the basics of joining a Zoom meeting. You will also receive a zoom primer to help you remember the ins and outs. **Monday, August 3rd at 2pm** Zoom links will be sent to all registrants the morning of the class. **FREE**

A JOURNEY THROUGH AMERICA'S PAST

An interactive series of seminars about the history of the United States of America. America's story will be related in a series of hour-long seminars focused on the key events, as well as the people whose life, work, and achievements shaped the destiny of this country. Philip Restifo has had a life-long personal interest in and passion for both American and European history. In the storyteller's style, he brings to life historical events as part and parcel of a complex tapestry originated in the past, but which continues to be woven in contemporary times. The class will pick up at the end of the War of Independence. We will present this through the video conferencing program Zoom. If you are interested but are concerned about the Zoom platform, please feel free to reach out to the Senior Center and we will help you learn to navigate this software. **Thursdays 10:30-11:30am** Zoom links will be sent to all registrants 1-2 days prior to the class start. **FREE**

MISSING YOUR SENIOR CENTER PALS?

We are bringing back as many of our groups and classes as possible via Zoom. If you have a computer, tablet or even a smart phone you can join in and reconnect with your friends. **Seniors in Motion, Ask the Nurse and Nimble Thimble** are back this month. **Senior Bootcamp** will be available in September so register with the Senior Center today! **Registration is required for all classes.**

FIBER OPTICS FOR COMMUNICATIONS: THE INVENTION, WORLD IMPACT AND FUTURE DIRECTIONS

Ever wonder what fiber optics are and how they work? As **co-inventor** of the first practical fiber for communications in 1970, Peter Schultz will give a first-hand view of how it was invented and the breakthroughs that led to global fiber communications. He will discuss the impact of fiber networks on society over the past 50 years and a glimpse at future directions of the technology. **Peter C. Schultz, Ph.D.**, is co-inventor of the fiber optics used worldwide for telecommunications. He is an internationally-recognized scientist and has received numerous awards for his technical achievements. In 1993 he was inducted into the National Inventors Hall of Fame and in 2000 received the National Medal of Technology from President Clinton for his accomplishments (the highest technology award of the US government). In 1991, he was elected a member of the National Academy of Engineering. He is an expert in fiber optic technology (including telecommunication fibers and both terrestrial and undersea deployment, as well as specialty fibers for sensors) and general materials technology **Registration is required for this event. Zoom links will be sent to**

all registrants 1-2 days prior to the class start. **Thursday, August 6th at 10amFREE**

GENERAL INFORMATION/ NEW & NOTEWORTHY

MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE : (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

HOURS: Mon.-Wed. 8:30-4pm

Thurs. : 8:30 - 6; Fri. : 8:30 - 2pm

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Mondays, Wednesdays and Fridays only.

MUNICIPAL AGENT FOR

THE ELDERLY (203) 245-5687

SENIOR COMMISSION

Vice-Chairs Dr. Gerard Kerins
Wendy Oberg

Members Dale Kach
Lori Murphy
Jim Ryan
Ruth Diona
Rosalyn Fahey
Chris Abbott

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be **August 13th at 5:30pm**

The [Calendar on the Town Website](#) to get the Zoom link.

SENIOR CENTER STAFF

Dir. of Senior Services Austin Hall

Asst. Director Heather Noblin

Program Coordinator Ellie Gillespie

Receptionist Ari Potter

Chef Kevin Wolfe

Server Amy Butler

Server Laurie Bragg

Dishwasher Dan Lux

Bus Driver: Helen Sneider

Bus Driver: Dennis Marron

Bus Driver Tom Lufsey

Facility Attendant Steve Radley

FROM THE DIRECTOR

A lot has changed since March 13th, 2020. We have new words in our vocabulary, like Social Distancing. We have added facial coverings as additions to our daily wardrobes. Zoom has become our new way of interacting with each other. We have washed and sanitized our hands more times than we can count. But with all the changes the Senior Center has been a consistent light to guide you through the new normal. Ari has called our members to check in on them and assure them that everything will be ok. Ellie has planned and executed programming via Zoom and taught people how to use the technology. Cynthia made face mask kits that produced over 400 face masks. Kevin is preparing and distributing Meals on Wheels for nearly 80 people a day! Steve has been cleaning and preparing the building for when we reopen Heather is continuing to provide the ever important social services and guidance that Madison seniors need now more than ever. Our countless volunteers have been busy delivering meals and grocery shopping helping senior stay home and stay safe. Our physical building may be closed, but the team that provides the services is and will always be here for you.

We will open again soon. But until then, please enjoy this newsletter and I hope you find something that will entertain you and keep you engaged while we eagerly await your return to the Center.

If you are a Madison senior in need of a mask, please stop by the Senior Center during our normal business hours to pick one up.

Stay safe and be **well**.

Austin Hall

MESSAGES FROM THE MUNICIPAL AGENT

RENT REBATE: APPLICATION INTAKE UNTIL OCT. 1ST, 2020

One-time assistance that helps to offset rental expenses. Documentation of 2019 income, payments made for rent, heating, water bills, and electric are required to apply. Application intake begins after May 15th, 2020. In preparation for an appointment, call your utility/rental companies **now** and request a statement of your payments made in 2019.

2019 Maximum Annual Income Single: \$37,000 and Couple: \$45,100

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Early Application Intake begins Aug. 17th Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for **ALL** members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required. **Last year's Guidelines: Monthly Income: Single: \$3,014 Couple: \$3,941**

COVID-19 AND APPOINTMENTS WITH HEATHER

We know that these are scary and difficult times. Appointments are available via phone and in person. We would like to encourage you to continue to stay safe, stay at home. Most appointments can be done via phone, alternative arrangements can be made for you to fax, email, or drop off paperwork. Heather Noblin is available via email at noblinh@madisonct.org or by phone **(203) 245-5627**. Please leave a detailed message with your contact information, including email address if you have one and we will be in touch with you. If you have important papers you need reviewed, please drop them off in the Madison Senior Center letterbox, located at the main entrance at the back of the building, by the bus drop-off.

DO YOU HAVE AN EMAIL ADDRESS & ARE ONE OF HEATHER'S CLIENTS?

Please email her so that she has your address on file at noblinh@madisonct.org

MEDICARE SAVINGS PROGRAM

Helps to pay the monthly Medicare Part B premiums. Depending on income level this program may also lower

co-pays for prescriptions to between \$3.30 and \$8.80 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

Single: \$2,617.44/mo. Couple: \$3,535.02/mo.

FARMERS MARKET COUPONS

Farmer's Market Coupons have arrived! Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmers' Markets. To be eligible: age 60 or older & participating in another program that has means testing and meet income requirements. Eligible participants receive coupons, good at the Madison Farmers' Market. The market is open on the town green on Fridays from 3 to 6pm until the end of October. An appointment is needed to pick up the coupons. Due to COVID-19, arrangements can be made for someone else to shop at the Farmer's Market for you, please contact Heather for more details. *****Maximum Monthly Guidelines*** Single:\$1,968 Couple: \$2,658**

CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network During this time of social distancing, we have launched a virtual caregiver support group. If you are on the journey of caring for an ill or aging loved one and Looking for support - particularly during this challenging time of being homebound - join us online

Wednesdays at 2 p.m. <https://connecticuthomecare.org/our-care-programs/family-caregiver-resources>.

GENERAL INFORMATION/ONGOING ACTIVITIES

LEGAL ASSISTANCE

Thursday, Aug. 6th & 20th at 9-10am Attorney Patrick Sweeney of the Sweeney Law Firm is offering offer private 15 minute counseling services over the phone. **Call the Senior Center for an appointment.**

FINANCIAL COUNSELING FOR SENIORS

Madison Financial Planning will be offering general advice on financial matters for seniors on subjects such as reverse mortgages, retirement planning, credit card debt, debt consolidation, and estate planning. These **phone** appointments will be scheduled in 15-minute increments twice a month on Thursdays **by appointment only**, at 9:15-10:15am Thurs., Aug. 13th & 27rd **FREE**

“SAFETY CHECK LIST”

Are you concerned for your safety in the event of emergency or weather event? In the days following an emergency/weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call **(203) 245-5627**.

DIAL-A-RIDE

Mondays: 8am - 4pm; Wednesdays: 8am - 4pm ; Fridays: from 8am - 2pm (203) 245-5695 or (203) 245-5627

Due to the pandemic our transportation is not running, check with the Center for updates.

MEALS-ON-WHEELS

The Meals on Wheels program is ongoing. For more information regarding the Meals on Wheels Program, please call (203)245-5627. Leave a message with your name and contact information. Meals on Wheels call the Madison Senior Center at **(203) 245-5627** and someone will get back to you as soon as possible. Space is limited. A doctor's note is required to be eligible to receive meals. Have your doctor fax the note to: **(203) 318-0670**

HANDICAPPED PARKING PERMIT

APPLICATION Permit applications are available in the Senior Center office.

ASK THE NURSE IS NOW ON ZOOM!

VNA Nurse will take your Zoom appointment on the 2nd and 4th Tuesdays of the month, where she can review your medications, help you to create a medication list, help you prepare for an appointment with your doctor. To schedule an appointment please call the Senior Center, we will give then give the appointment information to the VNA and they will send you a Zoom link. Not sure about Zoom? Join the Zoom 101 class (page 1)and we will show you how to join a meeting. **Tuesday, Aug. 11th & 25th 12:30pm**

DRIVER SAFETY – AARP REAL POSSIBILITIES

Refresh your driving skills and you could save on auto insurance. When you take the [AARP Smart Driver™](#) online course, you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. In addition, the special 25% off discount for the AARP Smart Driver online course has been extended through December 31st, 2020. This would be helpful for participants who may not be able to renew their car insurance discount due to course cancellations. **Promo code for 25% discount: DRIVINGSKILLS Good through: December 31st, 2020**

ERRANDS ON WHEELS

Are you in need of someone to grocery shop for you? Do you need a prescription picked up or an important errand run? Are you concerned about a Madison family member getting out to get supplies? The Madison Senior Center has a program to match volunteers for grocery shopping and running errands for Seniors who need to stay safe at home. The Senior Center has developed guidelines and screened the volunteers to help. **For information on this program please email noblinh@madisonct.org or call (203) 245-5627.**

EXERCISE CLASSES, ACTIVITIES & GROUPS

PATTY'S BACK!!

Join Patty Velleca on Zoom, see your Senior Center friends and get moving again! All you need is a computer, a tablet or a smartphone and an internet connection, you can do this! Call us if you have any questions and we can walk you through it. **SENIORS IN MOTION**: Seated and standing exercise. Increase muscle tone, joint flexibility, and cardiovascular strength. **Wed. Aug. 5th - 26th at 10:30** 4
Classes FREE!

THE NIMBLE THIMBLE GROUP

Cynthia Barker, an experienced needlepoint teacher was running a needlepoint group at the Senior Center, but due to the COVID-19 pandemic will be doing it via Zoom. You can join the group and share the projects you've been working on and chat with your friends as you "point" away! Never been on Zoom? All you need is a computer, a tablet or a smartphone and an internet connection. Still nervous? Call the Senior Center, we can help you become a Zoom Master! **Thursdays, 1:30pm PLEASE REGISTER FREE**

JOIN US FOR ZOOM BINGO!

We will make up packages of 2 cards and enough Bingo chips to cover the cards. You can pick them up at the senior center. The day before we play we will send out a Zoom link to you. All you need is a computer, a tablet or a smart-phone and an internet connection. If you need someone to show you how to Zoom, call the Senior Center we can help! **Please remember to register for Bingo packet pick-up instructions! Wed., Aug. 12th at 1:30pm Free**

JOINT EFFORT GUIDED EXERCISE

Joint Effort is an exercise concept for seniors with locations on the shoreline, that guides their clients to improved strength, balance, posture, stamina and overall functionality in a fun, safe and effective manner! They have created a vast library of virtual classes that their members, past members and even non members could use to guide them to better health and fitness while quarantined! For more information on the classes or questions, you can email the owner of Joint Effort at **George@jointeffortexercise .com** and he will be happy to help!

YOGA

[EkhartYoga](#) wants to support anyone directly affected physically or emotionally, by the coronavirus outbreak with free online yoga & meditation classes. The mission at EkhartYoga is to create positive change in the world through yoga.

VNA BOOTCAMP

For those 60 and older who need to increase muscle strength and improve flexibility. This program includes 12 pre-recorded one-hour classes. Register by calling the Senior Center and you will be added to the list to receive a weekly Monday morning email with a link to that week's class video. (12 weeks)
Begins Mon., Sept. 7th Fee: \$23

VIRTUAL EVENTS

THE BIG EVENT

The Madison Senior Center and Madison Youth and Family Services are partnering to bring The Big Event to Madison, again! However, this year the Big Event will look different due to Covid-19. Instead of doing the projects on one day, they will be spread out throughout July and August, based on senior needs and volunteer availability. Like in years past, seniors will be able to apply for a job request and the youth volunteers, along with adult volunteers, will show up on an agreed upon date to complete the job. These jobs can include but are not limited to; mulching, trimming bushes, washing windows, misc. yardwork, etc. However, jobs **CANNOT** require power tools or ladders for liability reasons. Job request forms will be available at the Senior Center. This project provides a great opportunity for intergenerational collaboration as usual, but we will be enforcing all social distancing guidelines strictly. **Applications available at the Senior Center Deadline August 3rd.**

ANIMAL REIKI

In this Zoom gathering, we will discuss the positive attributes of Reiki and our animal companions. Just like people, pets have energy centers or “chakras” in their bodies that help to keep them healthy and balanced. Animals are naturally sensitive to the energy around them and at times it’s not uncommon for our pets to take on and hold the energy of others or the trauma imprints left on them from their own life experiences. As with people, Reiki can help to release those dense energies that may be keeping our pets from living their best life with us. Reiki can stimulate your pet’s ability to heal themselves from physical and emotional dis-ease. It will also enhance the effectiveness of the medications and supplements your pet takes because Reiki works in conjunction with conventional veterinary treatments. Pets generally respond positively to Reiki because it is gentle, safe, non-invasive and adaptable. It is an excellent tool to assist pet’s in achieving physical and emotional healing, balance and relaxation. Reiki is even effective on wild animals and animals in captivity such as zoo’s, aquariums and shelter/rescue facilities. For those who are Reiki practitioners, it can help enhance the bond you have with your companion. Join us if you would like to learn more about this amazing practice and our animal companions. **Registration is required** , and Zoom links will be sent out the day before. **Wed., Aug. 19th at 1:30 pm FREE**

ART IN ISOLATION

Are you a visual artist making art while staying safe at home? We would love to see it and display it on our website so everyone can be inspired by your art. For more information contact: Austin at halla@madisonct.org or, Ellie at gillespiee@madisonct.org or call (203) 245- 5627

THE EIGHTEEN MOVEMENTS VIDEO PRACTICE

For those who have been coming to the Senior Center and participating in the online [Eighteen Movements Qi Gong](#) class in the library, here’s the link for that:

FINANCIAL RESOURCES

NEW UPDATED INFO

Eversource - (800)286-2000 Due to the COVID-19 pandemic, two new programs have been developed by the Utility Companies to provide additional assistance.

Matching Payment Program Phase 2 “Lite” (new)

MPP Phase 2 “Lite” is a new program offered to eligible low-income, heating customers who would have otherwise been eligible to enroll in MPP during the normal Program year (Nov - May) but did not. Starting in July, customers only need to make four (4) payments of \$75 (total \$300) to be eligible to receive a “match,” down to a zero balance on their electric bill. Payments must be made by the end of the Phase 2 “Lite” program which is October 31. (CEAP is not a requirement for Phase 2 “Lite”) MPP Phase 2 “Lite” (available now through Oct 31) is a completely separate program from the normal MPP which is year-round (Nov-Oct). Instead this will be for customers who did not participate in the MPP this program year but would have otherwise been eligible. **Below Budget Worksheets during Phase 2 (for regular MPP)**

Customers who enrolled on MPP during normal Phase 1 program (Nov - May 1) have the ability to lower their MPP total monthly payment amount. This will only be available to lower **existing** MPP total monthly payment amounts up through October 31, 2020. The minimum total monthly is \$75, but the budget is calculated based on income vs. expenses. To access either program or for more information regarding how these program might assist you, please contact Heather Noblin.

Internet Service:

According to Comcast, they are taking the following steps to assist people for the next 60-days:

- “Xfinity WiFi Free For Everyone”: Xfinity WiFi hotspots across the country will be available to anyone who needs them for free, including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi . Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots, then launch a browser.
- “No Disconnects or Late Fees”: Comcast states it will not disconnect a customer’s internet service or assess late fees if they are unable to contact them. Contact Comcast’s Care Team to make a flexible payment arrangement.
- “Internet Essentials Free to New Customers”: Comcast states that low-income families who live in a Comcast service area can sign-up for “Internet Essentials”. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for a nominal monthly fee.

MORE HELP

Unemployment:

If you become unemployed due to COVID-19 you should apply for unemployment benefits. Please visit www.ctdol.state.ct.us or contact (860) 263-6000 with any questions. **If you have an existing healthcare appointment, or think you need to see your doctor, please call them first to see if your appointment can be conducted over a smartphone with video capability or any device using video technology, like a tablet or a laptop. For some appointments, a simple check-in over the phone without video capabilities may suffice.**

Financial Help with Your Pets

Are you or someone you know having difficulty buying food or caring for your beloved companions? With the virus making people ill and the drops in people’s incomes changing lives, some folks are unable to support their animal families.

No one should have to surrender their animals. This is a tragedy, AND there’s help out there! **Red Rover** staff and volunteers provide temporary emergency sheltering, resources, financial assistance, and emotional support when animals and people are in crisis. www.red-rover.org

The [Keep Your Pet website](#) has lots of resources, some for specific diseases and some national resources..

The Senior Center also has some pet food available .

FINANCIAL RESOURCES

STATE OF CONNECTICUT TEMPORARY MORTGAGE ASSISTANCE PROGRAM (T-MAP)

The Connecticut Housing Finance Authority, with financial support from the State of Connecticut, has launched a homeowner assistance program for low and moderate income households in Connecticut who are struggling to pay their mortgages due to the impact of the COVID-19 Pandemic.

- ❖ Up to \$10,000,000 in emergency loan funds will be available to help homeowners pay their housing costs, allowing them to remain in their homes as they work to regain financial stability.
- ❖ Eligible Households with incomes at or below 120% of the area median income will be eligible to apply for up to \$25,000 in the form of a second mortgage loan.
- ❖ Potential applicants will be directed to a Centralized Call Center for Threshold Eligibility, after which a detailed application must be completed, including verification of documentation.

Beginning 8am on Wednesday, July 15, call the number below and speak to a Call Center Representative to determine if you qualify for T-MAP assistance. For additional information about the program, please visit <https://www.chfa.org> 1-860-785-3111

STATE OF CONNECTICUT TEMPORARY RENTAL HOUSING ASSISTANCE PROGRAM (TRHAP)

The State of Connecticut with financial support from the Connecticut Housing Finance Authority has launched a rental assistance program for Connecticut residents impacted by COVID-19, administered through the Department of Housing:

- ❖ Potential applicants will be directed to a Centralized Call Center for Threshold Eligibility, after which a detailed application must be completed, including verification of documentation.
- ❖ Initial priority for assistance will be targeted at individuals and families who have been denied unemployment assistance from the Department of Labor.
- ❖ If you are unemployed/under-employed and have not yet filed for unemployment assistance, you should do so as soon as possible.
- ❖ Please make every attempt to remain in contact with your landlord, and to make rental payments.

Beginning 8 am on Wednesday, July 15, call the number below and speak to a Call Center Representative to determine if you qualify for TRHAP assistance. For additional information about the program, please visit <https://portal.ct.gov/doh> 1-860-785-3111

THINGS TO DO AT HOME

BASEBALL ON PBS BY KEN BURNS

With so many sporting events canceled and so much closed, PBS is working with Ken Burns to stream BASEBALL so we can all enjoy the national pastime together. Watch at the link below or on any streaming device. And please look out for those with greater needs. Play ball. Watch on the free PBS Video app or here: <https://to.pbs.org/2w8jTPx>

FREE GARDENING CLASSES WITH SKILLSHARE

A great time to pick up this very popular pastime! Or hone your skills. [SKILLSHARE](#) has a numerous free classes on various aspects of gardening, from caring for houseplants, to growing vegetables, to pruning shrubs and trees to starting succulents from just a leaf. Take a look, find a great class or two and sign up!

VIRTUAL MUSEUM TOURS

All virtual exhibits can be accessed at: www.departures.com/artsand-culture

- British Museum of London
- Guggenheim Museum, NYC
- National Gallery of Art - Washington D.C.
- Musee D'Orsay - Paris
- National Museum of Modern & Contemporary Art
- Pergamon Museum - Berlin
- Rijismuseum - Amsterdam
- The J. Paul Getty Museum - Los Angeles
- Uffizi Gallery - Florence
- Masp - Sao Paulo
- National Museum of Anthropology - Mexico City

SENIOR PLANET

Aging with attitude. [Senior Planet](#), powered by [OATS](#) (Older Adults Technology services) is a great resource for Seniors, especially in the technology areas. But Senior Planet is about more than just the gadgets and apps and websites. Those gadgets and apps and websites are just means to an end: enabling older adults and people of all ages to come together and find ways to learn, work, create, and thrive in today's digital age.

NASA

NASA is opening up its research library to the public in the newly launched web database PubSpace, and it's absolutely free. www.nasa.gov/open/researchaccess/pubspace

JOURNALING

Start a journal! These are extraordinary times. Give your eyewitness account! Here's 5 smart reasons why you should begin journal writing:

- Journals help you have a better connection with your values, emotions, & goals.
- Journals improve mental clarity & help improve your focus.
- Journals improve insight & understanding
- Journals track your overall development
- Journals facilitate personal growth.

[how to start and write a journal](#)

BACK PAGES

THE FOOD HUT:

Open 24/7 | Behind Walker Loden at 788 Boston Post Road | Madison White Tower holds non-perishables alongside the porch at the end of the parking lot. Please take what you need. Leave what you can.

FACE MASKS:HOW TO WEAR THEM • SOLVING THE PROBLEMS

Cloth Face Coverings Should...

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- use multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape.

Homemade Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. CDC also advises 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 made from household items or from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings 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 cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly ?

Yes. They should be routinely washed depending on the frequency of use. How does one safely sterilize/clean a cloth face covering? A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing the cloth face covering and make sure to wash hands immediately after removing.