

## Use of cloth face coverings to help slow spread of COVID-19

The Centers for Disease Control (CDC) recommend 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 fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings 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
- be able to be laundered and machine dried without



damage or change to shape

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 mask 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.

Cloth face coverings

should be washed or cleaned regularly, depending on the frequency of use.

A washing machine should suffice in properly washing a face covering.

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

If you are interested in making your own face covering, the CDC has provided step by step instructions at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html).

## Ways to be smart with your stimulus check

Millions of Americans will receive Economic Impact Payments from the U.S. Government as early as this week. For eligible consumers, the money will be deposited directly into their accounts at their financial services providers. How can they use that money safely, and in a way that benefits their financial health? Northwest credit unions recommend that consumers:

- Prioritize. Focus on the things that keep a roof over your head, feed the family and keep the utilities and Internet on. In fact, your local utility companies and communications providers may be waiving some fees to help

you at this time.

- Save. If you're getting a stimulus check, try to save a little. Putting away \$100 to \$200 now will help you when bills come due later in the month or in the coming months.

- Don't hoard cash. Your money is safer on deposit in your credit union than in your pocket. Accounts in federally insured credit unions are guaranteed, up to \$250,000.

- Protect your money. Scammers know people are getting stimulus checks. Be on guard for suspicious emails, texts or phone calls asking for your personal information.

- Pay taxes. The deadline for filing and paying your 2019 taxes has been extended to July 15. Your stimulus check might help to pay that bill.

- Support. Some of your local restaurants are able to stay in business by offering take-out food. Use a little bit of your stimulus check to pick up dinner for the family.

The first round of stimulus checks is going to more than 50 million consumers who have direct deposit information on file with the Internal Revenue Service or with the Social Security Administration. In the coming months, other consumers may receive hardcopy checks.



# LCC Bond 2020

Learn more about the LCC Bond: [lanecc.edu/bond](http://lanecc.edu/bond)

The LCC board invites you to attend an upcoming online town hall meeting to learn more about Measure 20-306, which will be on the May 19<sup>th</sup> ballot.

Tuesday  
April 21<sup>st</sup>  
6:00 pm

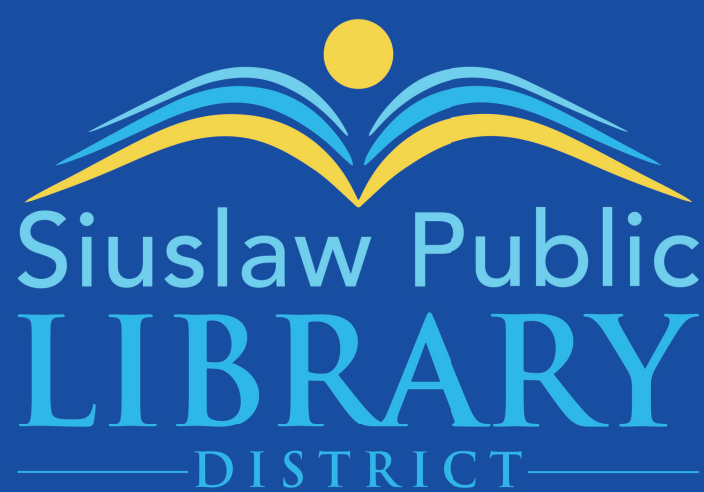
Thursday  
April 30<sup>th</sup>  
6:00 pm

Saturday  
May 9<sup>th</sup>  
10:00 am  
or 2:00 pm

Visit [lanecc.edu/bond](http://lanecc.edu/bond) for information about participating.

Submit questions at [bond@lanecc.edu](mailto:bond@lanecc.edu)

To learn more about the Bond, visit [lanecc.edu/bond](http://lanecc.edu/bond)



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