



COVID-19 TIPS FOR THE WEEK

April 6, 2020

The Centers for Disease Control and Prevention has recommended (voluntary) people wear a face covering when in public settings that may not allow social distancing of 6 feet. Healthcare providers need the surgical and N-95 masks, so please do not use these. Either make your own or purchase a cloth face mask from someone.

How to wear a face mask

- 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

Purpose of wearing a face mask

- It does not protect you from the virus but provides some protection from you spreading the virus even if you have no symptoms
- The greatest risk of transfer of COVID-19 is droplets from the mouth, nose, and eyes. Covering these decreases the risk of a person with no symptoms spreading the virus to others.
- Simply breathing, talking, laughing, singing, yawning, sneezing, or coughing allows the droplets to release in the air and land on surfaces such as doorknobs, counter tops, checkout machines, etc. The virus is known to live from hours to days on some surfaces.

Cautions with wearing a face mask

- Wash your hands before placing mask and immediately after removal
- Avoid touching anywhere on your face, including eyes, when wearing a mask
- Do not fidget and adjust your mask. You may contaminate your hands
- Wash the cloth mask in washing machine after each use.
- Masks do not take the place of social distancing, washing surfaces, and washing hands.

Washing the face mask if you do not have a washing machine

- Wash mask in warm water, no need to iron, hang or dry in clothes dryer.
- If making a mask use 100% cotton, prewash the material prior to sewing to avoid shrinkage.

Helpful links:

Surgeon General Jerome Adams video making a face covering with a t-shirt:

- <https://youtu.be/tPx1yqvJgf4>

Follow this link to the CDC instructions on making your own cloth face masks:

- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>

Tips and patterns for making you own mask or making masks to donate for healthcare workers

- <https://www.joann.com/make-to-give-response/>

