

Masks to reduce risk of spreading coronavirus

Here's what we know:

- * Based on information from countries where masks were used widely, masks help reduce droplets and vapor from those who may be shedding virus, even if they don't feel sick. They can help "Stop the Spread."
- * There are trade-offs between highly effective materials and breathability. 100% cotton cloth is good. A dish towel might be more effective, but is harder to breath through. If you have lung disease, you will probably need something lighter weight.
- * Making a mask will depend on what we have for material, sewing skills, and our creativity.

BOTTOM LINE: use of any mask is better than not wearing one.
"Some barrier is better than none."

WEARING A MASK: COVER BOTH NOSE AND MOUTH. Avoid touching the inside and outside surfaces of the mask. Handle by the edges. **WASH HANDS** *before putting mask on and after taking it off.*

WHAT TYPE OF MASK DO I NEED? 		
HOMEMADE MASK OR PAPER MASK 	SURGICAL MASK 	N95 RESPIRATOR 
WHO SHOULD WEAR: General public	WHO SHOULD WEAR: Health care workers and patients in health care settings	WHO SHOULD WEAR: Health care workers
WHEN TO WEAR: When a person can't perform social distancing; scarves and bandanas can be used if necessary.	WHEN TO WEAR: During single or multiple patient interactions or routine health procedures; recommended when N95s aren't available.	WHEN TO WEAR: Caring for patients with COVID-19 and performing procedures that put them most at risk of virus exposure.
USE LIMITATIONS: Cloth masks should be washed after each use; don't wear damp or when wet from spit or mucus.	USE LIMITATIONS: Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.	USE LIMITATIONS: Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.

(Courtesy PA Department of Health)

For a nice comparison of materials, mask effectiveness and breathability, visit:
<https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/>

How to make your own mask

This webpage explains why masks are now recommended. *It has a short video on how to make a cloth mask:*

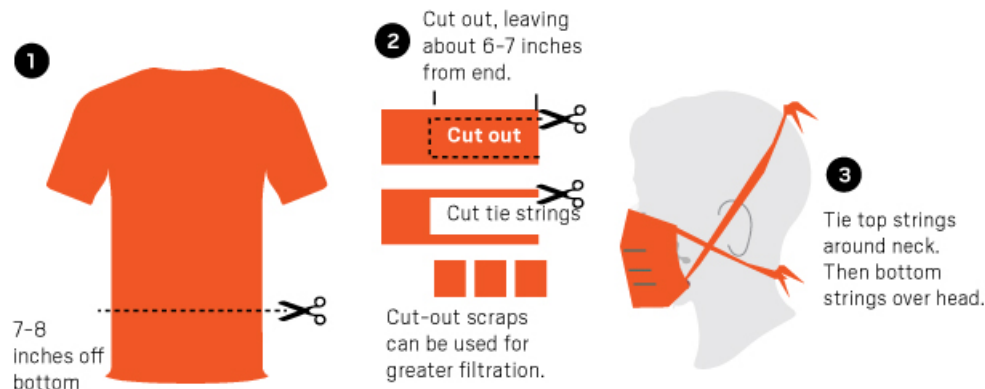
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>.

Cloth masks can be made from a square piece of cotton T- shirt or a large bandana. Here's a slower video that shows how to make one: <https://youtu.be/EAj12GKuAEk>

How to make and care for your mask: This webpage has “no sew” designs and other ones that require sewing:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Cut T-shirt mask



Want to sew a mask?

Easy to read instructions <https://www.oregionlive.com/2020/04/02/simple-diy-mask-making-tips-to-fight-against-coronavirus/>

Here are videos that show you how to make a mask from a variety of materials: <https://www.oregonlive.com/coronavirus/2020/04/how-to-make-face-masks-at-home-3-ways-for-all-skill-levels-videos.html>