UNMASKING THE TRUTH:
HOW TO PROPERLY REUSE, STORE AND WASH YOUR CLOTH MASK

Presenters: Brooke Mitchell, Chiropodist, Tanis Twiddy, Nurse Practitioner
• Overview of cloth masks
• Common questions about cloth masks
• How to apply, remove and store your cloth mask
• How to wash and care for your cloth mask
• Brief discussion on when to wear gloves in the community versus washing your hands
COVID-19 SYMPTOMS

If you are concerned that you may have come into contact with COVID-19 or are displaying symptoms of COVID-19, please visit the Ministry of Ontario website and take their SELF ASSESSMENT:


DO NOT CALL 911 unless it is a medical emergency.
COVID-19 ASSESSMENT CENTRES

This is the website link for the Ontario government’s assessment centres website: https://covid-19.ontario.ca/covid-19-assessment-centres/?utm_source=Google&utm_medium=CPC&utm_campaign=COVID-19&gclid=EAIaIQobChMI6QIVpNSzCh0h_wWXEAAYASAAEgKPO_D_BwE
MASKS?
HOW DO CLOTH MASKS WORK?

- COVID-19 is spread through liquid droplets

- That means it can be transmitted from one person to another by coughing, sneezing

- Masks act as a BARRIER

- They prevent other people’s droplets from landing in your mouth or nose and prevent you from spreading droplets to other people.
The most appropriate time to wear a mask is in the community where physical distancing might be more challenging (i.e. grocery store, public transit).
Can a cloth mask protect me against COVID-19?
YES!
MASKS DO NOT REPLACE PROPER HYGIENE AND SOCIAL DISTANCING MEASURES
AREN'T YOU GOING TO DO SOMETHING TO FIGHT THE CORONAVIRUS?! I'M DOING IT.
SELF DISTANCING

WE'VE BEEN DOING THAT FOR CENTURIES!
What Kind of Mask Is Best?
- Suggested fabric is **tightly woven, 100% cotton or linen**
  - Some examples include: a bandana, pillow case, curtains, or woven shirts

- Make sure the cloth mask is made up of at least **two layers**.
  - To test if cloth is thick enough, hold it up to the sun to see if light passes through!

- The mask should be kept snug to your face and cover **BOTH** your nose and your mouth.

- You should be able to wash your mask multiple times without it losing shape or deteriorating

- Make sure you have your own mask and do not share it with other people

**OF NOTE:** No specific design or material is known to be better than others.
SOME EXAMPLES OF MASKS:

Homemade cloth mask with elastic ties

Bandana mask
Where can I get a mask?
MAKE ONE!
SEW AND NO SEW INSTRUCTIONS

Government of Canada

CDC

Kids and Masks
EXAMPLE OF HOW TO MAKE A HOMEMADE MASK IN 45 SECONDS!

https://youtu.be/tPx1yqvJgf4
BUY ONE!

✓ Many retailers now provide cloth masks for purchase.

✓ You can explore local vendors in your community

✓ Some examples of large retailers include:
  Walmart, Roots, Well.ca, Ardene

✓ Plenty of organizations are also sending portions of sales directly to support charities and non-profits battling COVID-19

WHO SHOULD NOT WEAR A MASK?

- Children under the age of two
- Any individuals who are unable to wear a mask due to a medical condition (i.e. breathing difficulties)
- Anyone unable to remove a mask properly
- Some work environments
How do I wear a mask?
STEP ONE: WASH YOUR HANDS

• The first step to wearing your mask, is to start by washing your hands.

• Both soap and water or a 60-90% alcohol rub are good options for cleaning your hands.

• Wash hands for 40-60 seconds or rub hands for 20-30 seconds

• Hand washing should always be performed prior to putting on or taking off your mask.
STEP TWO: INSPECT THE MASK

• Look at the mask to see if it is damaged, dirty or wet.

• Soiled masks should be cleaned before using. Damaged masks should be disposed of.

• Mark your mask to identify which is the “front” and “back”
STEP 3: PUTTING ON YOUR MASK

• Grab hold of the mask with both hands, using the loops or ties only

• Tie the mask behind your head or place the elastics loops around each ear

• Position the mask covering the nose, mouth and chin, making sure there are no gaps between your face and the mask

• Make sure you can breath easily

• Do not touch the mask while wearing it to avoid contamination. If you accidentally do, clean your hands.

• Do not place the mask under your chin or let it hang from one ear
Nose and mouth covered

No gaps between face and mask
STEP 4: TAKING OFF YOUR MASK

✓ Wash your hands

✓ Lean forward slightly

✓ Untie the strings from the back of your head or remove the loops from behind the ears

✓ Remove the mask from your face without touching the front of the mask

✓ Wash your hands again
Grab hold of loops or ties

Do not touch the front of the mask
PUTTING ON AND TAKING OFF A MASK

Stay safe and help prevent the spread of COVID-19.
Special considerations?
MASKS AND OTHER FACE COVERINGS

Hijab, niqab, burqa
- Wearing a head covering does not replace a cloth mask
- It is best for the mask to be worn underneath the head covering to ensure the best fit against the face.

Glasses
- Place mask on first to ensure it is placed properly over your nose. Then apply glasses.
- Avoid touching your glasses
- If you need to adjust your glasses, ensure you wash your hands before and after touching them.
MASKS AND THE HEAT

• Although wearing masks may be less comfortable in hot temperatures, they will still work.

• You may need to change your mask more frequently in hot and humid temperatures as it may become damp more quickly.

• Plan outdoor activities for the coolest times of the day and take breaks in the shade or cool environment if you find wearing a face mask uncomfortable in the heat.

• **Outdoor workers:** a mask can make the effort more difficult. Decrease intensity and volume of work and take more frequent rests. Don’t be afraid to discuss this with your employer.
MASKS AND EXERCISE

→ Wearing a mask when exercising may not be possible because of higher heart and breathing rates.

→ Exercising without a mask is safer outdoors.

→ If you are exercising outdoors, briefly passing someone on the sidewalk or road is not considered a significant risk for exposure to COVID-19, but always maintain at least a two-metre (six feet) distance from others.

→ Step-aside or pass others quickly and courteously on sidewalks.

→ If possible, consider exercising when it’s less busy.
STEP 5: STORING YOUR MASK

If you plan to re-use your mask, the following steps should be followed:

- Wash your hands
- Remove your mask, by avoiding contact with your face or the front of the mask
- Fold the mask in half, with the outsides pressed together
- Place the folded mask into a paper or plastic bag
- Wash your hands

*Avoid putting the mask in your pocket or purse*
STEP 6: RE-APPLYING YOUR MASK

✔ Wash your hands

✔ Grad hold of the elastic loops or ties of the mask and remove it from the bag

✔ Grabbing hold of the outer edge of the mask with both hands and open it up. Make sure the outside of the mask and pointing away from your face

✔ Place the inside of the mask over nose, mouth and chin and secure with elastics or ties.

✔ Wash hands again
STORING AND RE-APPLYING YOUR CLOTH MASK

https://youtu.be/JwPWdkbyizw

How do I wash my cloth mask?
WASHING YOUR CLOTH MASK

- You can include your mask regular laundry
- Use laundry detergent and the warmest appropriate water setting

- Bleach solution
  - 4 teaspoons bleach per quart of room temperature water
  - Soak for 5 minutes
  - Rinse thoroughly

CLOTH FACE COVERINGS SHOULD BE WASHED AFTER EACH USE
DRYING YOUR CLOTH MASK

**Dryer** – at highest heat setting

**Air dry** – best in direct sunlight
What’s better, washing hands or wearing gloves?
WHEN TO WEAR GLOVES

1. When routine cleaning and disinfecting your home
2. When caring for someone who is sick
WHEN GLOVES ARE NOT NEEDED

• When running everyday errands
  ‣ i.e. using a shopping cart, an ATM machine, pumping gas

• General activities outside the house
  • i.e. riding a bike, picking up mail, taking your dog for a walk
HOW CAN I DONATE A CLOTH MASK?

• Ontario Health Team of Northumberland is seeking community volunteers to produce cloth masks to help preserve local use of medical grade surgical masks

• Sewn masks can be dropped off to the following locations:
  • CAMPBELLFORD – Community Living Campbellford – please call in advance, as hours are intermittent - 705.653.1821, ext 203)
  • COBOURG - Northumberland Hills Hospital’s main entrance – between 8 AM and 8 PM daily

For more information, visit:
QUESTIONS???
WHAT FACE MASKS SAY ABOUT A PERSON:

HEALTH CARE PROFESSIONAL

SEMI-PROFESSIONAL

THRIFTY

HANDY WITH NEEDLE AND THREAD

PROBABLY A BANK ROBBER

SHOULDN'T BE ALLOWED OUT OF THE HOUSE
REFERENCES


REFERENCES


