

# MASKS

Who should NOT wear:

1. Children under 2
2. People with breathing difficulties
3. People unable to remove a face mask themselves

NOT GOOD per CDC:

Masks with exhalation valves or vents = not effective

Face shields only meant to protect eyes – need extensive cleaning

Single layer: Bandana, ski mask, scarves, gaiters, etc. – not tightly woven so use multiple layers

Neoprene, nylon, GorTex – company warns against using for masks – not sufficient air supply

1. What makes a good mask: **Good fit (no gaps) covering nose and mouth but not restrictive with 2-3 layers**
2. Wearing a mask does not raise the CO2 level in the air you breathe
  - 2.1. Any face covering is better than nothing - slows the spread
    - 2.1.1. **Best** at least 2 layers of cotton with lining
    - 2.1.2. **Tightly woven with high thread count**, knit is more porous than woven
  - 2.2. Cotton: has positive charge which attracts the negative charged virus and it absorbs the moisture of your breath that the virus needs to live
    - 2.2.1. Heavy weight quilting cotton – at least 180 thread count
    - 2.2.2. Sheets 100% cotton – high thread count = 180 or more
    - 2.2.3. Cotton/poly – not great, use higher cotton content
  - 2.3. Synthetics
    - 2.3.1. Stretch crepe – effective, light weight, breathable
    - 2.3.2. Polyester microfiber – sheets or shower curtain, 90 gsm or more
3. Filters
  - 3.1. nonwoven polypropylene – tote bags
  - 3.2. Cotton and Flannel – effective in trapping virus
  - 3.3. Commercial filters – furnace air filters, NOT vacuum filters
4. Mask pattern

Here is a link for an easy to construct mask.

<https://tianasclot.com/index.php/2020/04/13/the-easiest-diy-face-mask-ever-no-pattern-needed-with-photo-tutorial/?epik=dj0yJnU9WUjBNF9xQnV1UUdkZEo1SURfNVJJaVRFsmtiNDRwZUQmcD0wJm49bnpRWkxkMDVubHVszDdNTXJcX202ZyZ0PUFBQUFBROFWakw0>