

CEDAR SPRINGS COMMUNITY DURING THE COVID-19 PANDEMIC

Questions and Answers for our Members

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Dear Springers!

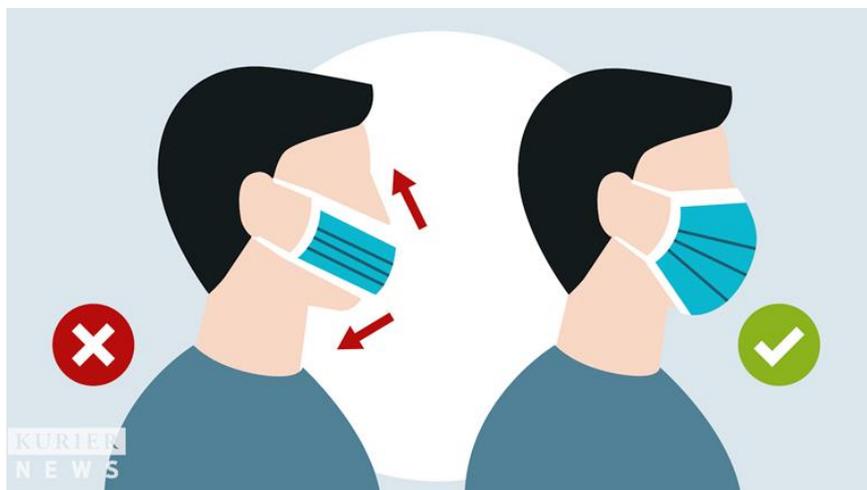
The most effective measures to protect ourselves and others from COVID-19 include: Staying at home as much as possible, keeping a distance of 2 meters between ourselves and anyone outside of our own household, meticulous hand hygiene, and self-isolation for any sign of respiratory illness. In addition, face masks and face coverings are rapidly gaining attention as a further aide to reducing the spread of SARS-CoV-2.

Question 1: What masks should be worn by the general public?

- Medical-grade face masks are still in short supply in Ontario and much of Canada. While these shortages last, the general public should not compete with front-line workers for either surgical face masks or filtering N95 face masks.
- The internet is full of videos on how to fashion a face mask yourself. Barbara and Haresh did not have to try any of these tutorials because they have a cousin with strong sewing skills.

Question 2: What are the added benefits of wearing face masks?

- If worn correctly, face masks and face coverings reduce the risk that you will infect others through your own droplets. This is important because up to 50% of virus transmissions occur BEFORE the infected person shows any signs and symptoms of the disease.
- Face masks should be worn in indoor environments where it may not be possible at all times to keep a distance of 2 meters from others. Examples include shops, buses, trains and planes.
- Facemasks should cover your nose and chin completely.



- If you wear glasses you should put on the mask first and then the glasses.
- Don't "fiddle" with the mask while you are wearing it as this may actually increase your own risk of infection.
- Wash your cloth mask frequently at 60-90° C.

Further Reading:

Detailed instructions about the appropriate use of non-medical mask or face coverings have been provided by Health Canada:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>

Appropriate use of non-medical mask or face covering

When worn properly, a person wearing a non-medical mask or face covering can reduce the spread of his or her own infectious respiratory droplets.

Non-medical face masks or face coverings **should**:

- allow for easy breathing
- fit securely to the head with ties or ear loops
- maintain their shape after washing and drying
- be changed as soon as possible if damp or dirty
- be comfortable and not require frequent adjustment
- be made of at least 2 layers of tightly woven material fabric (such as cotton or linen)
- be large enough to completely and comfortably cover the nose and mouth without gaping

Some masks also include a pocket to accommodate a paper towel or disposable coffee filter, for increased benefit.

Non-medical masks or face coverings **should not**:

- be shared with others
- impair vision or interfere with tasks
- be placed on children under the age of 2 years
- be made of plastic or other non-breathable materials
- be secured with tape or other inappropriate materials
- be made exclusively of materials that easily fall apart, such as tissues
- be placed on anyone unable to remove them without assistance or anyone who has trouble breathing

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