General Safety: WASH YOUR HANDS REGULARLY: at least 20 seconds with warm water and SOAP!

 Use hand sanitizer, before removing your mask (keep an easily opened one in your vehicle).

 Stay AT LEAST 6 feet away from others, whenever possible.

 DO NOT touch your face.

Mask Primer: Face mask: covers nose & mouth, may not be a fluid barrier, general public use.

 Surgical mask: covers nose & mouth, physical barrier to fluids and particulates, medical use.

 Respirators: N95 and others: tight fitting, filters at least 95% of airborne particulates, medical use.

Word of caution: Be very careful of where you get your masks. There are scams out there with inferior products. Not everything on the internet is safe: please use only reliable sources!!

Mask recommendations:

1) Nonsurgical disposable: readily available, for 1 TIME USE ONLY------- discard after 1 use!!

2) SNUG FITTING fabric masks: 2 or 3 layers of tightly woven cotton or poly cotton fabrics, WASH them on a regular basis- especially if mask gets wet or dirty (like putting on after eating or drinking).

3) SNUG FITTING fabric masks with filter pocket---change the filter regularly and wash the mask, especially if mask gets wet or dirty.

4) Surgical & N 95 disposable masks- but those are trying to be kept for medical personnel.

NOT recommended:

1) Masks with valves or vents

2) Single layer or knit fabric masks

3) Face shields used ALONE- with no mask on

My masks: I have made snug fitting pleated 3-layer masks: 2 layers of cotton/poly cotton fabrics- prewashed to tighten the weave and then 1 layer of Pellon iron-on interfacing- to further tighten the fabric.

Questions: Linn Furnish RN, Parish Nurse 884-6626