

Memo

Home-Made Facemask Resources and Recommendations

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To: All Community Wellbeing Leads

From: Shelly Trumbo, Community Health Executive

Thank you to Kathryn Stiles; Director, Community Integration at AH Simi Valley for developing this home-made facemask resource and recommendation guideline.

Home-Made Masks

Home-made masks do not offer the same protection that clinical grade procedure masks and n95 masks provide and are not recommended for clinical interventions. It is important to understand the benefits and risks in using cloth home-made masks.

Benefits:

- Used properly the mask can help you prevent spreading the virus in droplet form to others
- Used properly the mask can help you avoid droplet exposures to your mouth and nose when you are in public. Your eyes are not protected. Avoid touching your mask and then touching your eyes.
- Serves as a reminder to not touch your face

Risks:

- Offers a false sense of security and emboldens people to ignore social distancing guidelines
- Used improperly it can spread contamination
- Home-made masks are not recommended for clinical interventions.

Using and Cleaning Your Cloth, Home-Made Face Mask

When you use your cloth face mask, keep in mind that it is now contaminated and it's best to assume that it is not safe to touch or handle, i.e. put into your purse, car or home. Once you have used the mask, no matter how long or short the duration of use, it's no longer clean and needs to be handled appropriately to ensure safety.

When putting your mask on:

- Perform hand hygiene prior to putting your mask on.
 - Soap, water, 20 seconds, drying thoroughly
 - Hand sanitizer with 70% alcohol or more; allow to fully dry
- Perform hand hygiene again after putting your mask on
 - Soap, water, 20 seconds, drying thoroughly
 - Hand sanitizer with 70% alcohol or more; allow to fully dry

While wearing your mask:

Don't touch or put your hands on the front part of your mask. It's natural to grab the front of the mask to pull it down and away from your face. This contaminates your hands. If you touch your mask, perform hand hygiene immediately.

When removing your mask:

- Perform hand hygiene first
- then grab the loops and move them off your ears
- put the mask into a paper bag or plastic bag
- perform hand hygiene again
- then transport the mask home where you can wash it

Washing the mask:

- Use hot water and bubbly soap to thoroughly wash your mask.
- Dry in hot dryer to thoroughly dry.
- Store your clean mask in a clean zip lock bag or paper bag that has not been used to hold a soiled mask.

Tips:

- If you have multiple people using masks in your home or place of work, use a permanent marker to put your initials on your masks.
- Label bags CLEAN and DIRTY so that you don't accidentally cross-contaminate your masks.
- Keep bags, hand sanitizer with 70% alcohol or more, cleaning wipes, and spray in your car so you can decontaminate your environment and keep your car clean.
- Remove any unneeded items in your car that can become carriers of the virus.
- Create Clean zones and Hot zones so that you can manage things that might be contaminated (your mask, clothing, shoes, keys, cell phone, purse, bags etc.) and prevent cross-contamination.
- If you are out doing deliveries or providing care, you need to assume that you are contaminated and make every effort to sanitize your things and yourself before moving about in your home and near your loved ones.

References:

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