



How to ... Face mask



Unknown Facebook author

Types of masks

- Reusable masks that can be washed and reused
- Single-use masks worn once, and responsibly disposed of after use. Follow the instructions that come with the masks.

When to wear a face mask

- At higher alert levels in all close physical situations with people outside your bubble.
- Govt. says you must wear a mask on public transport such as buses, trains, ferries, planes, taxis and Ubers (from 31/8/20)
- The Methodist Church now expects that people from multiple bubbles in a vehicle for a Church event or Church business will also wear a mask. (from 31/8/20)

Who should wear a face mask

- Able breathing people who can remove the masks safely by themselves.

Who should not wear a face mask

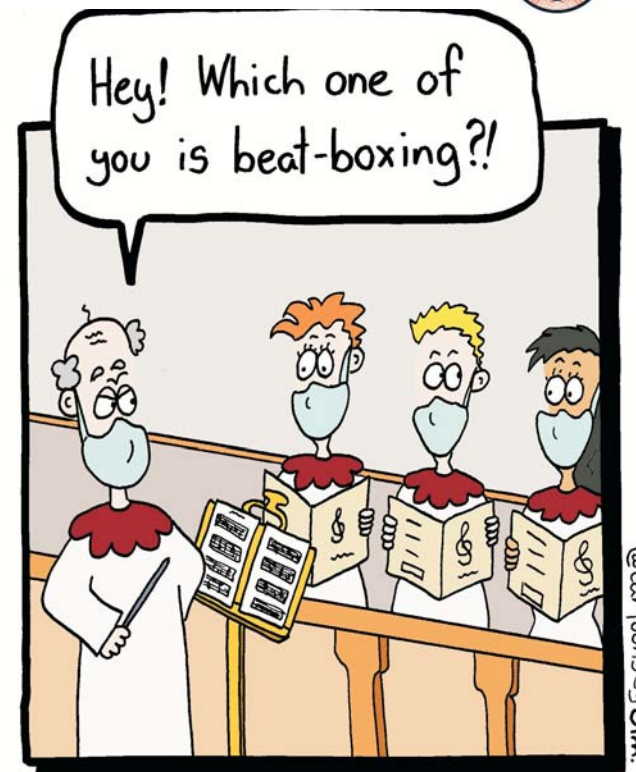
- young children or people who need assistance to remove the masks
- people who have trouble breathing

How to put on a face mask

1. Use clean hands
2. Use a clean, dry, undamaged mask
3. Hold the mask by the ties or ear loops
4. Place over your nose, mouth and chin
 - a. fit it comfortably and securely against the side of your face
 - b. ensure you can still breathe easily!
5. Clean your hands again!

How to remove a face mask

1. Use clean hands
2. Use the ties or ear loops to pull the mask away from your face.
 - avoid touching your eyes, nose and mouth
 - avoid touching the front of the mask
3. Clean re-usable masks in a washing machine with detergent at 60°C.
 - ensure mask is fully dry
 - use a dryer or dry it flat to maintain shape



@cartoonsbyjim

Church choir practice in the time of COVID-19 came with its own unique set of challenges.

- if possible, dry in direct sunlight
- 4. Responsibly dispose of single-use masks in:
 - rubbish bin with closed lid
 - sealed bag (and then dispose of the bag)
 - avoid re-using or disinfecting single-use masks.
- 5. Clean your hands again!

When to change a face mask

- if it gets damp or soiled
- at least each day
- if you cough, sneeze or dribble into it

Full details, how to make a face mask and other helpful websites are available at www.methodist.org.nz/caring_for_our_people/covid19/supportinformation

Information correct as at 27 Aug 2020.

Face masks are a reality

Trudy Downes

Many moons ago, before lockdown, I penned this question: "What would wearing a facemask achieve?" I even quoted the US Surgeon General who was telling people to stop buying masks!

It was very tongue-in-cheek, but now... oh how naïve I was! It's reported that the virus is changing, and that some people are slow virus-incubators. When we add people breaking out of isolation facilities, the chances of community transmission recurring increase.

Now Dr Ashley Bloomfield is saying, "Not if, but when." He also states masks will be in our future and the government is starting to stock masks. So how do masks help? Before I answer, let me break down some of what we know.

Covid-19 is a respiratory infection. It spreads by droplets from lungs and mouths through activities like speaking, singing, coughing and sneezing. Speaking and singing create finer droplets than coughing and sneezing. Lighter droplets will linger longer in crowded and poorly ventilated rooms and heavier droplets drop onto surfaces sooner and live there for a while. The

Activity	Creates droplets	Droplets still around after 30 minutes
Coughing	41857	48.9 percent (20468)
Talking	10587	6.4 percent (678)
Singing	4000	35.7 percent (1428)
Wearing a mask and speaking	The same number as not speaking	
Not speaking	Some, which means droplets were in the air from previous activity	

Information in the box above builds a picture around what happens when we speak, cough or sing.

force or loudness with which we speak, sing or cough dictates the distance the droplets travel. Louder equals further.

We get infected by breathing in infected droplets, having droplets enter our eyes, nose and mouth, or by picking up droplets with our hands and then touching our faces. This is why we should keep washing our hands. Handwashing is a known control which removes droplets you pick up and thereby prevents you from smearing them on your face.

Therefore masks are one of many options for droplet control. To be more precise, masks control your spread of your droplets and get in the way of your hands bringing other people's droplets up to your mouth and nose.

New Zealand's first pandemic response was lockdown - isolating people from each other and encouraging hand

washing. Lockdown largely negated the need for facemasks by keeping people apart so they couldn't distribute droplets on each other. It was a great move because at that stage there were not enough commercial grade masks available for everybody. However, lockdown also impacted the economy, national employment levels and people's mental wellness.

The balancing act into the future will include how to minimise the spread of droplets and yet still keep people at work and connected in the community. If there is further community transmission and the country does not go back into full lockdown, then masks are one obvious control, along with more handwashing, to keep ourselves safe.

Masks are not bulletproof by themselves. They will fail you in certain conditions unless you take additional



David Bush models an oversized facemask.

measures:

- prolonged exposure to infected droplets; ventilate the room, minimise exposure time or even better, stay away from infection!
- touching the mask with unwashed/infected hands; wash your hands!
- continued use of a single mask; regularly swap out masks for a new/clean mask (with clean hands)

At this stage I say trust our country's leadership; they have done a great job so far. Let them say when it's time to wear masks.

Our job at the moment is to get our minds ready that the time to wear masks has arrived.