



July 23, 2020

As we continue to adjust and adapt to this "new normal" dealt to us by the Corona Virus it is important to remind everyone to do their part. Do not get caught up in the debates and the partial truths that are being displayed on the various social media sites and above all, do some research on things for yourself and make educated and informed decisions on the information that you share.

Take masks for instance, many cities, counties, and even states are mandating masks be worn in public spaces. This new requirement has sparked conflict and debate about a mask not protecting the user and doing little to nothing to prevent the spread.

Let me remind everyone of one small difference between masks and respirators. Respirators are designed to protect the person wearing it from the environment. Masks are





designed to protect the environment/people from you. For instance, surgeons wear them to protect the patient from any germs that may be emitted during the surgical process. A mask will help protect other people from your respirable droplets (saliva) and prevent the spread of COVID-19. Feel free to try this at home, put on a mask and try to spit in the mirror! Now put a mask over the mirror and keep your mask on and try again. No, it is not proven 100% effective due to the many other factors, however, the chances of spreading the disease when all people are wearing masks in public is greatly reduced. Yes, I also agree that masks are hot, annoying, make it hard to breath, etc, however some slight discomfort on your part may save a life down the road.

More information and tips are available at: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html

Do your part, wear your mask, social distance and wash your hands!

Dean Cummings

Corporate Safety Director

ParFab









Face Mask Feeling

Uncomfortable?



Since it is difficult to drink while wearing remind yourself to drink more water, to a mask, consider setting a timer to prevent dehydration



Wash your glasses with soapy water or an so the top is more tight than the bottom anti-fogging product, and fit your mask

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daily, and use a non-comedogenic moisturizer. Consider not wearing

makeup under your mask.

Wash cloth masks and your face

Breakouts



polyester, which can trap moisture Choose natural materials like cotton, avoid

or try a piece of folded to a comfortable length tissue between the







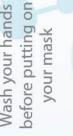




How to Wear a Mask



before putting on Wash your hands your mask





Loop the straps over your ears and pinch the wire to fit the shape of nose



Practice mindful breathing exercises or find a place to be alone without your

Breathing Trouble

mask until comfortable breathing

mouth, chin and nose Place mask over your face to cover your

damage or if dirty Inspect mask for



Clean your hands

face without leaving Adjust mask to your

gaps on the side



after removing your mask and replace or wash mask if dirty





