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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!

A handwritten signature in black ink that reads "Dean Cummings".

Dean Cummings
Corporate Safety Director
ParFab



COVID-19 Mask Tips

Face Mask Feeling Uncomfortable?



Headaches

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

Foggy Glasses

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

Ear Pain & Skin Sensitivity

Choose natural materials like cotton, avoid polyester, which can trap moisture and adjust the loop straps to a comfortable length or try a piece of folded tissue between the strap and your ear.

Breakouts

Wash cloth masks and your face daily, and use a non-comedogenic moisturizer. Consider not wearing makeup under your mask.

Breathing Trouble

Practice mindful breathing exercises or find a place to be alone without your mask until comfortable breathing returns

How to Wear a Mask



Wash your hands before putting on your mask



Inspect mask for damage or if dirty



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



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



Adjust mask to your face without leaving gaps on the side



Clean your hands after removing your mask and replace or wash mask if dirty