

## **Information about Your Donated Cloth Masks**

The Green Mountain Mask Makers are a group of sewers and coordinators who want to help stem the spread of COVID-19. We are offering masks to people performing essential functions in our community for the protection of their patients and the public.

### **Are cloth masks effective?**

It is important to be clear what you are using a mask for when asking that question. These cloth masks are similar to medical masks. They do not replace N95 masks. They probably provide some protection to the wearer. Primarily, they function as a spray shield that protects the person in front of the wearer from droplets that are released with breathing, talking, coughing and sneezing. We know that many people infected by COVID 19 do not have symptoms but may still be contagious. These masks help lower the risk that the wearer can unknowingly be a threat to their patient or customer.

(Please be aware, that as far as we have found, there are no studies looking at how effectively cloth masks prevent the spread of infection from the wearer to others. They appear to be less effective than manufactured medical masks in protecting the wearer. If you find further information, please share it with us.)

### **How do I care for my mask?**

Masks should be washed first before wearing. They should be washed on hot with soap and dried thoroughly. They are made mostly of cotton and some may get very wrinkled. You can iron them if desired but they will flatten out when worn without ironing.

### **What else should I do to protect myself and my patients or customers?**

- Wash or sanitize your hands before and after each patient or customer contact.
- Do not touch your face.
- Take good care of yourself: eat well; get enough sleep; avoid drinking, smoking and vaping.
- Practice careful social distancing in the rest of your life.

### **How do I get more information?**

Go to: <http://www.averywoodmd.net/green-mountain-mask-makers.html>