



Cloth Face Masks

As the islands adjust to the ongoing pandemic, wearing face masks in public is rapidly becoming the new normal. Here's what you should know...

What are the benefits?

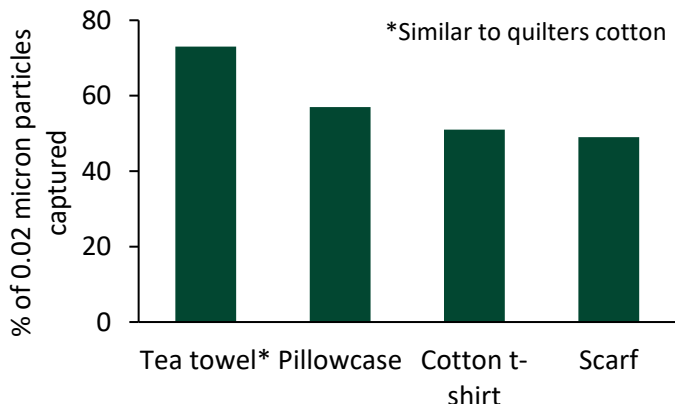
Evidence suggests that Coronavirus COVID-19 can be transmitted when a person has no symptoms, so community transmission may be less if everyone wears a facemask in public when combined with social distancing and hand washing.

Where should I wear one?

Whenever you are in public and social distancing of 6 feet or more is difficult to maintain. As of April 17, 2020, everyone in Hawaii is required to wear a cloth face mask when visiting essential businesses, such as grocery stores or pharmacies¹. This follows the Centers for Disease Control (CDC) recommendation to wear cloth face masks wherever community transmission is likely².

Where can I get one?

- Make your own! The CDC offers three patterns, two of which are no-sew².
- The crafting community offers many options available through Etsy.com where you can prioritize local vendors.
- Local retailers, such as Foodland and ABC stores, may have inventory on a limited basis.



Face masks made from various household cotton materials effectively reduced the spread of virus sized particles³.

For more information contact:
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Face Covering Do's and Don'ts:

DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers



cdc.gov/coronavirus

Proper fit and wear

Improper use of a facemask, such as reuse of disposable masks, can compromise the protective effects and increase infection risks. Wash your hands before and after using a face mask and wash reusable masks after use.

You can help!

CTAHR needs volunteers to sew face masks for the elderly, with drop-off locations on all major islands (<http://go.hawaii.edu/ANh/>). JABSOM and Department of Theater and Dance are accepting monetary contributions to support mask donations for hospitals (<https://jabsom.hawaii.edu/masks/>).

References

- ¹Office of the Governor, State of Hawai'i. 5th Supplementary Proclamation. <http://go.hawaii.edu/4NA>
- ²CDC. Use of Cloth Face Coverings to Help Slow the Spread of COVID-19. <http://go.hawaii.edu/ANN>
- ³Davies et al. (2013) *Disaster Med Public Health Prep*, 7(4): 413–418.

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