**Indiana State Department of Health**
Epidemiology Resource Center

# Mask Information for Public Interaction

## WHAT IS COVID-19?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. Patients with COVID-19 have experienced mild to severe respiratory illness, including fever, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. The virus that causes COVID-19 is a novel (new) coronavirus. It is not the same as other types of coronaviruses that commonly circulate among people and cause mild illness, like the common cold. The risk for severe illness from COVID-19 increases with age, with older adults at highest risk.

## HOW DOES COVID-19 SPREAD?

The virus that causes COVID-19 is thought to spread mainly from person to person, between people who are in close contact with one another (within about 6 feet for 15 minutes or longer) through respiratory droplets when an infected person coughs or sneezes. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or possibly their eyes, but this is not thought to be the main way the virus spreads. The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to limit your interactions with other people as much as possible and take precautions to prevent getting COVID-19 when you do interact with others. Those steps include wearing a face covering, maintaining social distance of 6 feet and washing your hands frequently. If you start feeling sick and think you may have COVID-19, get in touch with your healthcare provider within 24 hours.

## CLOTH MASKS AND OTHER NON-MEDICAL FACE COVERINGS

Gov. Eric J. Holcomb's Executive Order 20-39 **requires** that all Hoosiers ages 8 and older (recommended for anyone older than 2 and younger than 8) wear face coverings in most public settings effective July 27. The order also lists exemptions. **The only exception is children younger than 2 years of age; they should not have face coverings, according to the Centers for Disease Control and Prevention (CDC)**.

A mask or other face covering may be factory-made, sewn by hand, or improvised from household items such as scarves, bandanas and T-shirts. The mouth and nose should be covered.

The executive order requires face coverings for anyone 8 years old or older in the following places:

- Public indoor spaces and commercial entities
- While using public transportation or other vehicle services such as a taxi or ride share
- Outdoor public spaces when it's not possible to socially distance from people not in the same household

Additionally, face coverings will be required in schools for students in the third grade and above, as well as faculty, staff, volunteers and anyone else in schools. Mask are also required for co-curricular and extra-curricular activities, with exceptions for strenuous physical activity. Exceptions to the face covering requirement include medical purposes, disabilities, exercising and eating and drinking. Individuals who cannot wear a mask for health reasons should consider alternatives, such as face shields.

For additional information, visit https://coronavirus.in.gov.

Cloth face coverings should:

- fit snugly but comfortably against the side of the face covering the nose and mouth
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

For additional information, visit https://coronavirus.in.gov.

The Centers for Disease Control and Prevention (CDC) recommends other everyday actions to prevent the spread of respiratory viruses, such as avoiding people who are sick, avoiding touching your eyes or nose, and covering your cough or sneeze with a tissue. People who are sick should stay home and not go into crowded public places or visit people in hospitals. Workers who are sick should follow CDC guidelines and stay home when they are sick. Do not report to work if you are sick, develop COVID-19 symptoms, or believe you may have been exposed by close contact.

If you have symptoms at your workplace, please leave and seek medical care or COVID-19 testing. Resources for testing are available in Indiana through medical providers, and a map of testing sites in Indiana can be found here (no physician order needed for ISDH testing sites).

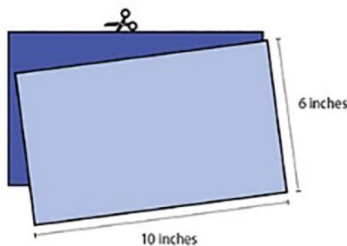The CDC has also issued guidance showing the effectiveness of masks in preventing the spread of COVID-19 here.
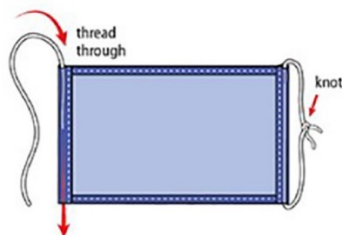
# Sewn Cloth Face Covering

## Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
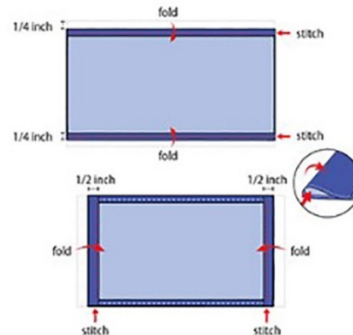- Scissors
- Sewing machine

## Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

6 inches

10 inches

2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.

1/4 inch — fold — stitch
1/4 inch — fold — stitch

1/2 inch — 1/2 inch
fold — fold
stitch — stitch

3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.

thread through
knot

4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

tuck in knot
stitch
stitch
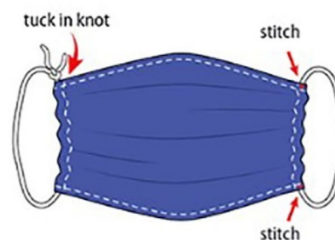
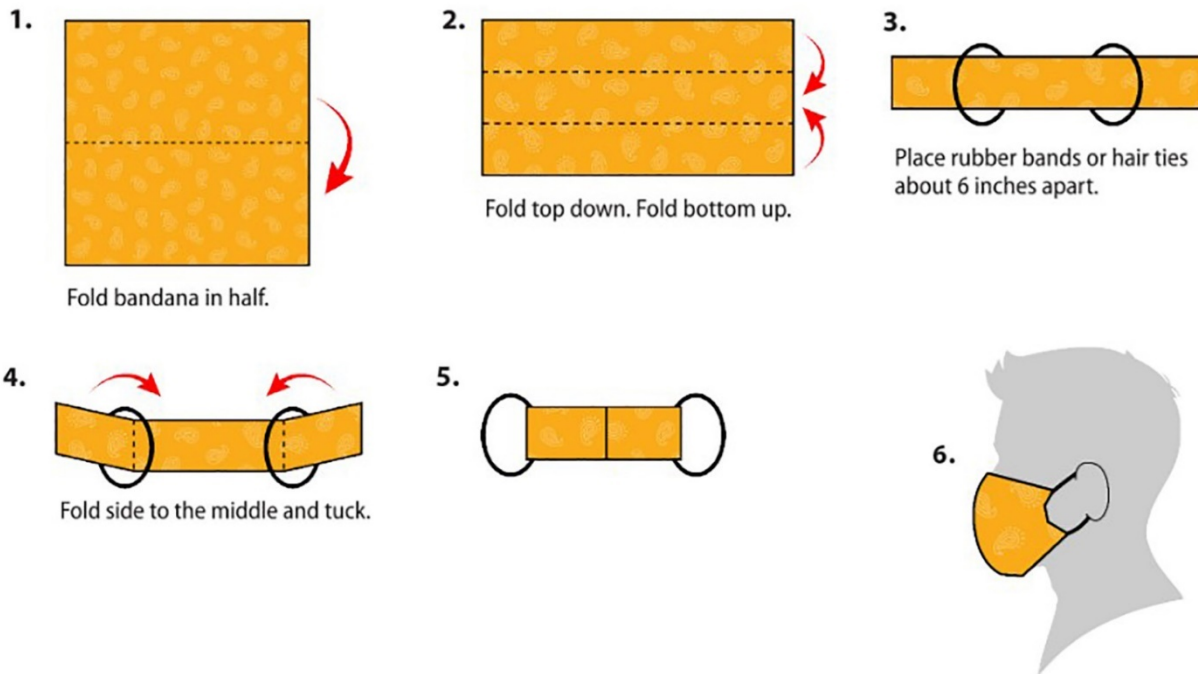| Who should wear | Who should not wear |
|---|---|
| · People older than 2 years of age in public settings where other social distancing measures are difficult to maintain | · Children under age 2<br><br>· Anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance |

## Non-sewn Face Covering

## Materials

- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

## Tutorial

**1.**

Fold bandana in half.

**2.**

Fold top down. Fold bottom up.

**3.**

Place rubber bands or hair ties about 6 inches apart.

**4.**

Fold side to the middle and tuck.

**5.**

**6.**

Make sure your cloth face covering:

- fits snugly but comfortably against the side of the face
- completely covers the nose and mouth
- is secured with ties or ear loops
- includes multiple layers of fabric
- allows for breathing without restriction
- can be laundered and machine dried without damage or change to shape

See more about how to wear and wash your cloth face covering.

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## SURGICAL MASKS

Surgical masks should be reserved for healthcare providers who must maintain close, prolonged contact with patients to provide care. Healthcare providers include first responders who provide care until healthcare providers arrive.

- Occasionally, patients who are immunocompromised due to the medications they take (chemotherapy) will be provided and asked to wear a surgical-grade mask.
- Surgical masks are not advised for people in "high risk" categories such as age and chronic medical conditions. They will be asked to appropriately social distance and wear face coverings if they need to go to public settings.
- Individuals who provide non-contact service, such as interviews or speaking with the public, do not need surgical-grade masks. This includes workers in offices and in people's homes. Social distancing can and should be maintained in these instances. Cloth masks and other face coverings are appropriate for these interactions.
- Prioritize surgical masks for selected activities, such as:
  o Essential surgeries and procedures
  o Care activities where splashes and sprays are anticipated
  o Activities where prolonged face-to-face or close contact with a potentially infectious patient is unavoidable
  o Performing aerosol-generating procedures if respirators are no longer available

## N95 OR EQUIVALENT RESPIRATOR

Individuals only require an N95 or equivalent respirator if they are performing (or are in the same, closed space of someone performing) an aerosol-generating procedure (AGP). Aerosol-producing procedures include, but are not limited to, providing a nebulizer treatment (this does not include the use of an MDI inhaler), placing a patient on non-invasive ventilation (BIPAP and CPAP), performing bag-valve mask ventilations, performing CPR, intubating or extubating a patient, and performing dental and oral procedures with air, suction, and/or drill equipment that have the potential of aerosolizing the virus. See the CDC's webpage for more information.

## ADDITIONAL INFORMATION

Additional information and resources for COVID-19 are available at the links below.

- Use of Cloth Face Coverings to Help Slow the Spread of COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html
- How to Wear Face Coverings: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html
- Effectiveness of cloth face coverings: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html#recent-studies
- Strategies for Optimizing the Supply of N95 Respirators: https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/index.html
- CDC COVID-19 webpage: https://www.cdc.gov/coronavirus/
- ISDH COVID-19 webpage: https://coronavirus.in.gov
- Mask Up, Hoosiers: https://www.coronavirus.in.gov/maskuphoosiers/

# Understanding the Difference

|  | Surgical Mask | N95 Respirator |
|---|---|---|
| **Testing and Approval** | Cleared by the U.S. Food and Drug Administration (**FDA**) | Evaluated, tested, and approved by **NIOSH** as per the requirements in 42 CFR Part 84 |
| **Intended Use and Purpose** | Fluid resistant and provides the wearer protection against large droplets, splashes, or sprays of bodily or other hazardous fluids. Protects the patient from the wearer's respiratory emissions. | Reduces wearer's exposure to particles including small particle aerosols and large droplets (**only non-oil aerosols**). |
| **Face Seal Fit** | Loose-fitting | Tight-fitting |
| **Fit Testing Requirement** | No | Yes |
| **User Seal Check Requirement** | No | Yes. Required each time the respirator is donned (put on) |
| **Filtration** | Does NOT provide the wearer with a reliable level of protection from inhaling smaller airborne particles and is not considered respiratory protection | Filters out at least 95% of airborne particles including large and small particles |
| **Leakage** | Leakage occurs around the edge of the mask when user inhales | When properly fitted and donned, minimal leakage occurs around edges of the respirator when user inhales |
| **Use Limitations** | Disposable. Discard after each patient encounter. | Ideally should be discarded after each patient encounter and after aerosol-generating procedures. It should also be discarded when it becomes damaged or deformed; no longer forms an effective seal to the face; becomes wet or visibly dirty; breathing becomes difficult; or if it becomes contaminated with blood, respiratory or nasal secretions, or other bodily fluids from patients. |

CDC NIOSH
**Centers for Disease Control and Prevention**
National Institute for Occupational Safety and Health