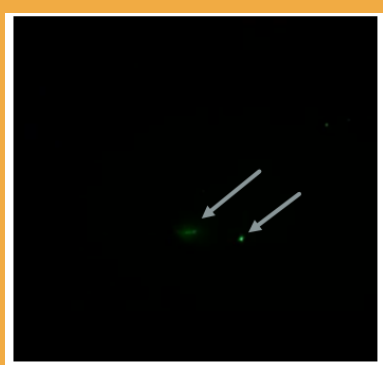


YOU SHOULD WEAR A MASK

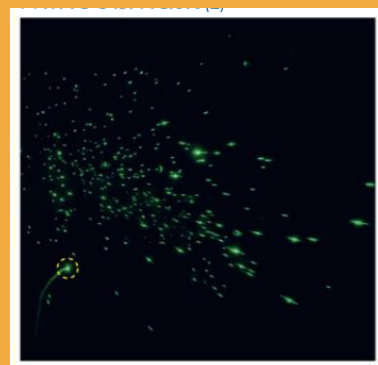


WITHOUT A MASK

Droplets ranging from 20 to 500 micrometers were expelled when someone said a simple phrase, "Stay healthy" as seen in the image on the left. The brightness of the green flashes are the size of the droplets as they passed through a light sheet. (1)

WITH A MASK

The image on the right shows the same person saying the same phrase with a simple damp cloth covering their mouth. This evidence aims to show the effectiveness of wearing a mask in order to stop the spread of Covid-19. (1)



HALF MASK

- Half-maskers, or people who use masks to only cover their mouths, risk inhaling the virus through the nose.
 - A study has shown that the virus can replicate better inside cells from the nasal cavity than in cells from elsewhere in the lower airways.
 - Individuals wearing their masks below their noses are breathing in the droplets, aerosols, and dust as much as not having a mask on. (2)

NECK GAITERS

Neck gaiters—tubes of performance fabric generally used for running and exercising outdoors—offered basically zero protection against the contagion and even had the potential to spread the virus further. (3)

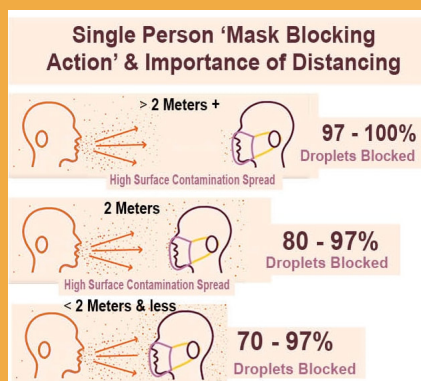
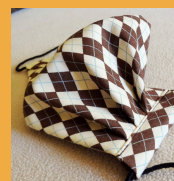


PLEXIGLASS AND SHIELDS

The plexiglass shields in stores and restaurants only help somewhat. The same is true for office cubicles. But after a lengthy time, transmission is possible from aerosols if the air flow is not good. (3)

FACE MASKS

- Face masks reduce droplet dispersal. Cloth-based face masks reduce emission of particles. (4)
- N95 masks, medical masks, and homemade masks made of four-layer kitchen paper and one-layer cloth could block 99.98%, 97.14%, and 95.15% of the virus in aerosols. (4)
- A range of new research on face coverings shows that the risk of infection to the wearer is decreased by 65 percent. (4)



Evidence has shown that wearing masks can reduce the amount of droplets expelled into the air; therefore, reducing the spread of Covid-19. (5)

BE SAFE

Avoid touching your face or the mask while out in public. When you return home, wash your hands again before taking it off by using the ties or strings. (2)

RESOURCES:
 1. <https://www.nejm.org/doi/full/10.1056/NEJMc2007800>
 2. <file:///C:/Users/LeaMoser/Downloads/preprints202008.06.63.v1.pdf>
 3. <https://www.ucdavis.edu/coronavirus/news/your-maskcuts-own-risk-65-percent/>
 4. <https://www.mentalfloss.com/article/616259/do-facemasks-protect-against-coronavirus>
 5. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>