



A healthy world begins with a healthy woman

## Use of Mask in Prevention of Coronavirus

6<sup>th</sup> April 2020



SNEHA (Society of Nutrition, Education and Health Action)

# How Does COVID-19 Spread?



Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus - (as per WHO).

COVID-19 (the virus) spreads mainly by droplets produced as a result of coughing or sneezing of a COVID-19 infected person. This can happen in two ways:

- **Direct close contact:** One can get the infection by being in close contact with COVID-19 patients (within one metre of the infected person), especially if they do not cover their face/mouth/nose when coughing or sneezing.
- **Indirect contact:** The droplets survive on surfaces and clothes for many days. Therefore, touching any such infected surface or cloth and then touching one's mouth, nose or eyes can transmit the disease.



Ministry of Health & Family Welfare  
Government of India



# How Does COVID-19 Spread? – Modes of Transmission

Source: MoHFW

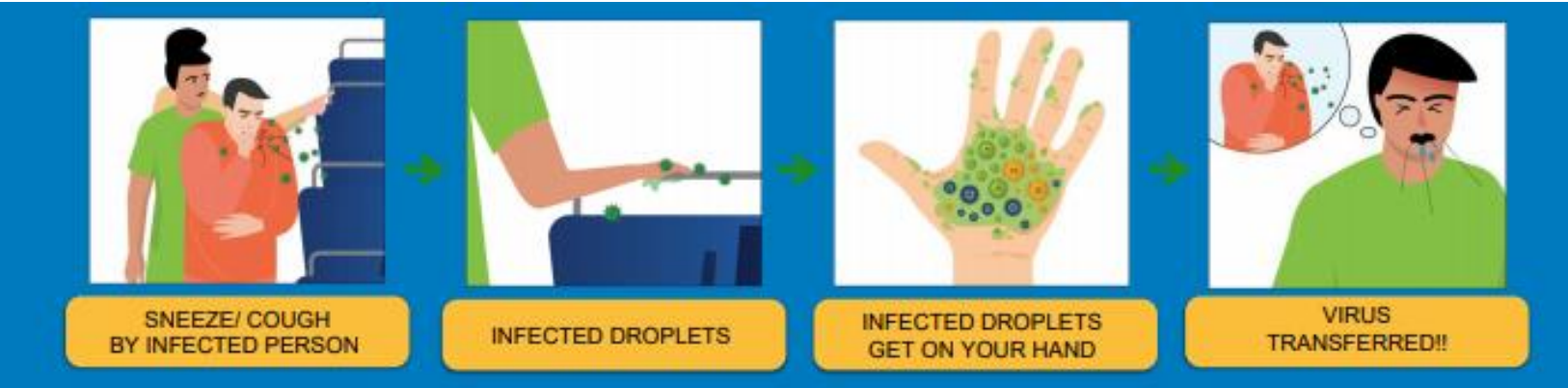
**DIRECT –  
Contact with  
infected person**



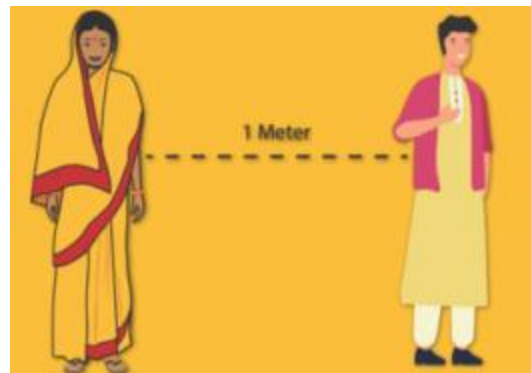
**DIRECT –  
Through cough/  
sneeze**



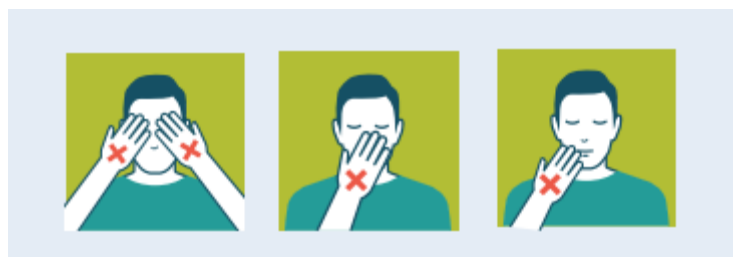
**INDIRECT –  
Touching infected  
surfaces**



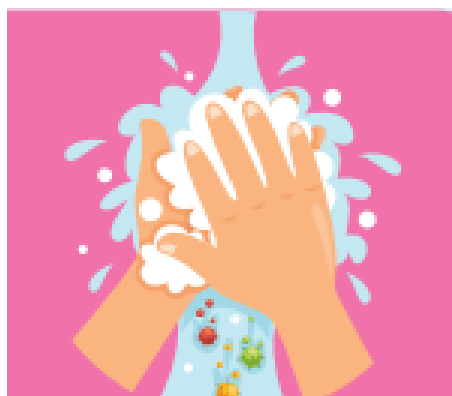
## ***Therefore We Must.....***



**Maintain one meter distance – whether the person is known or unknown, ill or perfectly fine**



**Cover face/mouth/nose when coughing or sneezing. Also, do not touch face/mouth/nose. If you have to, you should first wash your hands for 20 seconds with soap and water and then clean with sanitizer**



**Repeatedly  
wash hands**

## *Important to Remember*

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- The incubation period of COVID-19 (time between getting the infection and showing symptoms) is 1 to 14 days.
- Some people with the infection, **but without any serious symptoms**, can also spread the disease.



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# ***Wearing a Mask***



- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room
- **If you are NOT sick:** You can use a handmade reusable face mask (refer to slides 14 to 21 on how to make a face cover)



# ***Advisory on use of Homemade Protective Cover for Face & Mouth***

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Certain countries have claimed benefits of reusable home made masks for maintaining personal hygiene as they help in protecting community at large. Following advisories must be considered:

- Homemade reusable face covers only reduce the chances of inhaling droplets still in the air from an infected person. They do not give full protection
- Social distancing and personal hygiene are keys to prevent COVID 19 infections
- Remember to wash your hands frequently with soap for 20 seconds
- Wearing of face covers is particularly useful in crowded areas

## ***Do's and Dont's of Homemade Protective Cover***

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- Homemade reusable face covers must be washed and cleaned each day
- Reuse without washing should NEVER be done
- Never share your face cover with anyone
- As soon as the face cover becomes damp or humid, switch to another face cover and clean the used face cover
- Make 2 sets of face covers – one being used and the other being washed and dried
- Avoid touching mask once it is on
- If you use a mask, be sure to cover mouth and nose



## ***Handmade Reusable Face Cover is...***

### **Recommended for**

- People not suffering from medical conditions
- People not having breathing difficulties
- Especially when the above people step out of the house

Wearing of face covers is especially recommended for people living in densely populated areas

### **Not Recommended for**

- Health workers
- Contacts of COVID-19 patients
- Patients themselves

# ***Make sure the face cover fits your face well and there are no gaps on the sides...***



***Remember to still maintain  
up to 2 meter distance from  
others at all times, wash your  
hands thoroughly when back  
home and do not touch your  
face or eyes!***

## ***When Removing the Face Cover...***

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- Do not touch the front or any other surface of the face cover, remove it only with strings behind
- For string face cover, always untie the string below and then the string above
- Drop it directly into a soap solution or boiling water to which salt has been added
- After removal, immediately clean your hands with 65% alcohol-based hand sanitizer or with soap and water for 40 seconds

# How to Clean and Sanitize your Homemade Face Cover Everyday

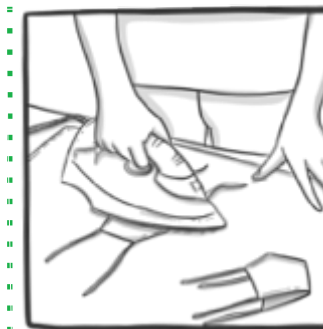
1. Thoroughly wash the face cover in soap and warm water and leave it to dry in hot sun for at least 5 hours.

If you do not have access to the sun, follow Option 2:

2. Place the face cover in water in a pressure cooker and pressure boil it for at least 10 minutes and leave it to dry. Adding salt to the water is recommended. In the absence of a pressure cooker, you may boil the cloth face cover in hot water for 15 minutes.

If you do not have access to a pressure cooker/boiling water, follow Option 3:

3. Wash and clean with soap and apply heat on the face cover for up to five minutes. (You may use an iron).





# How to Store your Clean Face Cover

It is recommended that you make two face covers so you can wear one, while the other is washed and dried



*Take any plastic bag at home*



*Clean it thoroughly with soap and water*



*Let it dry well on both sides*



*Keep your extra clean face cover in this clean bag*




*Keep it sealed well*



*Now you can rotate your face covers for daily use*

Source: Issued by the  
Office of the Principal  
Scientific Advisor to the  
Government of India\_  
April 3, 2020



# **You can easily make a face cover at home to protect yourself**

*Issued by the Office of the Principal Scientific Advisor to the Government of India\_ April 3, 2020*

## Option 1. Make a Face Cover using a Sewing Machine \*

### Things you will need:

<p>1.</p>  <p><b>100% cotton material</b></p>	<p>Any used <b>cotton cloth</b> can be used to make this face cover. The colour of the fabric does NOT matter but <b>you must ensure that you wash the fabric well in boiling water for 5 minutes and dry it well before making the face cover. Adding salt to this water is recommended.</b></p>	
<p>2.</p>  <p><b>Four pieces of cloth strips</b></p>	<p>3.</p>  <p><b>Scissors</b></p>	<p>4.</p>  <p><b>Sewing Machine</b></p>

## Begin with

**a. Cutting Fabric** – Cut cloth for the face cover at the following sizes as required:

• Adult: 9 inch x 7 inch • Child: 7 inch x 5 inch

For Adult Size  
Face Cover



**b. Cutting Strips**– Cut 4 strips for tying and piping from cloth: **Two pieces at 1.5"x 5"** and **Two pieces at 1.5"x 40"**

*\*You can also make this face cover without a sewing machine*



Inch(")=2.5cms



## Process demonstrated below is for Adult Size Face Cover

1.



2.



3.



Take the cut fabric, attach the 1.5x5" strip to be used as piping to the fabric on one end as shown.

4.



5.



6.



Create three downward facing pleats of approximately 1.5" each folding cloth as shown.

7.



8.



9.



Turn the pleated cloth to the other side and repeat steps for pleating on this side as shown above. Once the pleats have been made, the height of the pleated cloth will be reduced from 9" to 5".



Secure the pleats with piping on both sides as shown above. *Take extra care to keep all pleats facing downward as shown.*

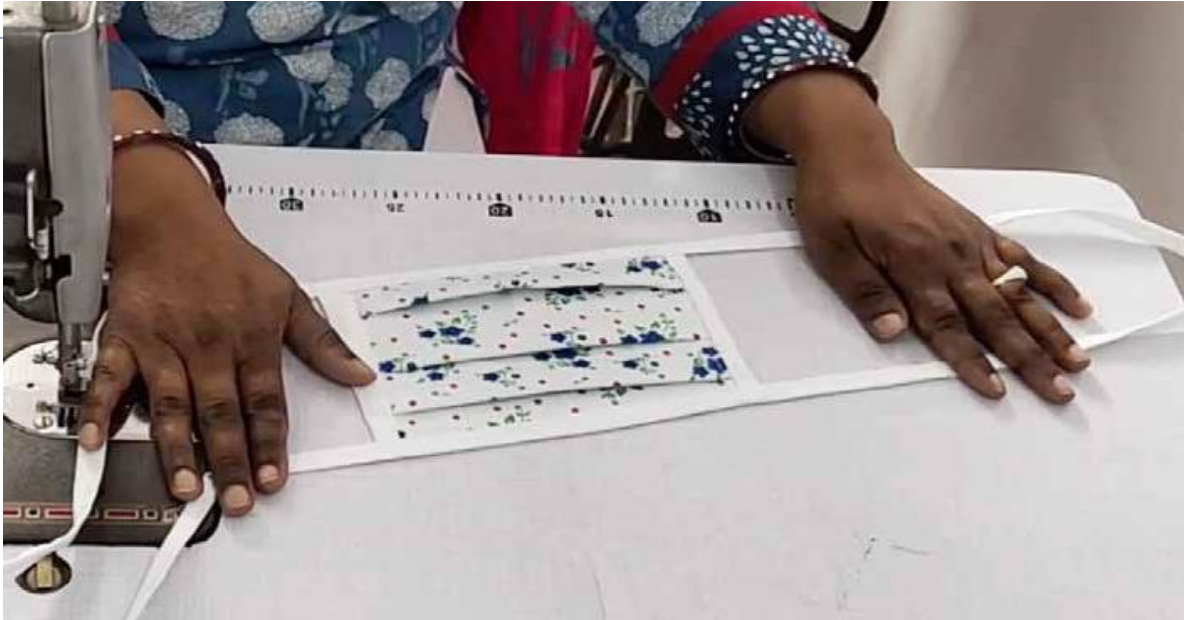


Now begin attaching the long 40" strips used for tying the face cover to the top and bottom as shown.



Once again fold both these strips three times and stitch as shown above.





Manual on DIY Face  
Covers.india\_6

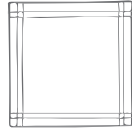
- 👤 Your face cover is now ready
- 👤 Ensure that the face cover fits around your mouth and nose and there is no gap between it and your face. When wearing the face cover, the side facing you should show the pleats as facing downwards.
- 👤 You must never reverse the face cover for reuse. Always thoroughly wash it after every use following process shown further.

*This face cover is currently being used by community health workers of organizations in South Rajasthan including, Amrit Clinic, Arth Hospital, and Shreyas Hospital. Images and process courtesy: Jatan Sansthan, Udaipur*

## Option 2: Making a Face Cover at Home Without a Sewing Machine

Things you will need:

1.



100% Cotton material or a  
Men's cotton handkerchief

2.



Two rubber bands

### Step 1



Fold the handkerchief from one side to little above the middle of the cloth

### Step 2



Now fold over the other edge to go above the first fold

### Step 3



Fold this again evenly from the middle as shown

## Step 4

Take a rubber band and tie it on left side of the cloth as shown



## Step 5

Now tie the other side with another rubber band  
Ensure that the area in the middle of the two rubber bands is big enough to cover your mouth and nose



## Step 6

Take one edge of the cloth on the side of the rubber band and fold over it. Do this for both sides



## Step 7

Now take one fold and insert it in to the other fold





**1. Your face cover is now ready**



**2. Please ensure that the face cover fits around your mouth and nose comfortably but that there is no gap left between the face cover and the mouth.**



**3. To wear this face cover just wrap each rubber band around your ears**



**4. You must follow all precautions and instructions outlined above when using the face cover**