



Center for Human Development, Inc

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The Centers for Disease Control is now recommending the wearing of a mask in public. Social distancing, frequent hand washing, and avoiding others when sick remain the mainstays of our public health efforts. Do not assume that wearing a mask takes the place of any of those healthy behaviors.

There are a number of reasons to wear a cloth mask:

- We now know that some people are contagious before they ever get symptoms and some never feel sick. They might spread the disease before they would ever consider masking up.
- Droplets do indeed transmit the disease, but they can be generated from talking as well as coughing. Just standing next to someone talking could spread the disease if neither of you are masked.
- Wearing a mask while sick is stigmatizing for those who wear them. Universal use wouldn't identify who was sick and who wasn't.
- You're less likely to touch your mouth and nose while wearing a mask.
- DIY masks can possibly provide protection to the public without impacting the supply of manufactured masks currently prioritized for healthcare workers. If the medical community accepts the use of these masks in the healthcare setting, then these masks will be available and ready to go.
- There is data that suggests that in countries where masking is encouraged for all citizens, the rate of disease transmission may be reduced by their actions.

The principle is the same regardless of design. Having a physical barrier to prevent droplets from landing on others, discouraging the wearers from touching their faces, and possibly reducing large droplets from landing on mucous membranes are the goals for wearing masks in public. And they look good.

Custom DIY face masks have already become popular with youths. People have been making and buying a wide variety of the fun and unique designs.

CDC now recommending wearing of homemade masks in public



Designs available at:
<https://vimeo.com>
www.youtube.com
www.allinahealth.org

Download document: www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf

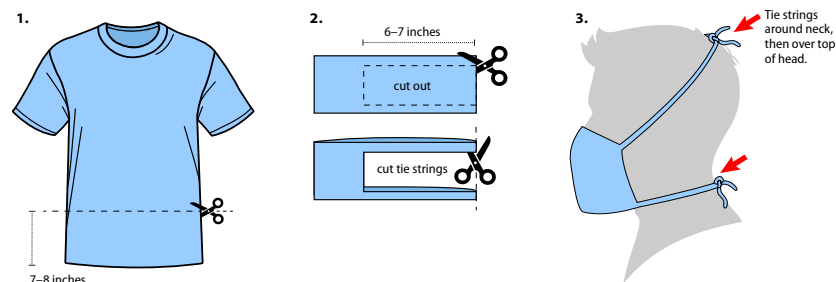


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

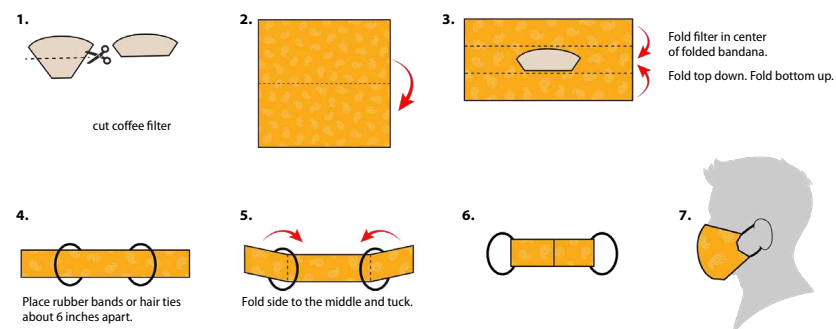


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



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1520 ADAMS AVENUE
La GRANDE, OREGON 97850

(541) 963-4144 • 888-449-2704
globef@eoni.com