

Day 64 | Friday, May 22, 2020

From the Church Mouse

Today we'll discuss the use of masks in our current situation.

Who: all people should wear masks in public, especially those 51 years old and older, and those with current health difficulties.

When: Masks should be worn in all public situations, especially when social distancing cannot be maintained.

What: The best masks for our use should be made with pure cotton, 1000 threads per square inch. A filter pocket should exist from side to side on the inside of the mask. A filter should be made of chiffon or silk since both these fabrics are electrostatic. The mask should have no gaps between your face and the mask.

Why: The COVID-19 virus is smaller than a bacillus and cannot be seen except with an electron microscope. The 1,000 thread count fabric can block a good deal of the virus. The electrostatic fabric properties can catch the remaining virus and holds them fast.

How: To insure proper reuse of this sort of mask, do the following:

1. Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
2. Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
3. Avoid touching the mask while using it. If you do, clean your hands with alcohol-based rub or soap and water.
4. Replace the mask with a new one as soon as it is damp.
5. To remove the mask, remove it from behind (do not touch the front of the mask); discard immediately in a paper bag until washing with soap and water. Clean hands with alcohol-based hand rub or soap and water. Masks are effective only when used in combination with frequent hand-cleaning.

Good news and Bad news:

1. Bad news first: our second wave for us will probably come this fall and winter in tandem with the seasonal flu outbreaks. Dr. Fauchi said today that it may start as soon as August, due to the re-opening behavior that is counterproductive.
2. Good news: Ann Lawson has gotten 1,000 thread count fabric and the church mouse has obtained chiffon for filter inserts. We have a new mask shape with fewer gaps. Ann is also working with a professional seamstress who is creating this mask pattern in four sizes. These patterns will be shared with Karen and

Colleen. These new masks will be what we need for us, our family members and our friends. One epidemiologist this week reported that if our country continues with its current trajectory, this winter will be the darkest in our history. So: Don't Worry! Be Prepared!

Next time: two recipes for hand-made sanitizer if that supply chain breaks down.

God of all resources, we give you thanks today for those who are busily sewing and making masks for our protection. We are thankful for their talents and gifts. Bless all the mask makers in the world. Blessed are the mask makers and wearers, for they shall be protected. Hear our prayers. Amen

Today: Researchers