



*the* FLAME<sup>®</sup>

## *Healthcare News and Tips*

**June 30, 2020**

Wearing a face mask has become a topic of fierce debate in the time of COVID-19, particularly in the last month. While politicians spar over the topic, a growing number of scientific studies support the idea that masks are a critical tool in curbing the spread of the coronavirus.

Researchers will tell you that masks won't provide full protection. And teasing out the science of masks will take time. **But there is enough evidence already to say**



How many of us learned early on that "if you're going to do a job (or something), do it right?" Let's apply that same advice to wearing a face mask. Most of us are not used to wearing face masks so it does take some getting used to.

**that, combined with measures like social distancing, face masks really do help.**

Of course, how much protection a mask provides — both to the wearers and to the people around them — depends on the type of mask and whether you are wearing it properly.

So this issue of *The Flame* is a 'how to' issue---so that if you are thoughtful enough about wearing a mask, you wear it properly.



**Betty**

Betty Long, RN,  
Founder/CEO



One of the biggest mistakes that people make is fidgeting with their masks and pulling them under their noses or completely off their faces to rest under their chins.

### **Here are Some Do's and Don't's:**

**DON'T: Wear the mask below your nose.**

**DON'T: Leave your chin exposed.**

**DON'T: Wear your mask loosely with gaps on the sides.**

**DON'T: Wear your mask so it covers just the tip of your nose.**

**DON'T: Push your mask under your chin to rest on your neck.**

**DO: Wear your mask so it comes all the way up, close to the bridge of your nose, and all the way down under your chin. Do your best to tighten the loops or ties so it's snug around your face, without any gaps.**

And once you've figured out the correct position for wearing your mask, follow these tips to stay safe:

- Always wash your hands before and after wearing a mask.
- Use the ties or loops to put your mask on and pull it off.
- Don't touch the front of the mask when you take it off.
- For apartment dwellers, put the mask on and remove it while inside your home. Elevators and stairwells can be high-contamination areas.

## Should I Wear a Mask While Exercising??

One of the ways that many of us have maintained our sanity during the last several months has been to exercise, occasionally outside.

**Here's simple advice.**

- Wash and dry your cloth mask daily and keep it in a clean, dry place.

The truth is scientists are working overtime to understand the coronavirus but because it's so new, they don't know everything---yet. But what we **do** know that it is not going away anytime soon. So, the best advice to protect yourself and others in your community is 'the triple threat:' washing your hands, social distancing and when appropriate, wearing a face mask.

If you're interested in more information about wearing face masks, visit the **World Health Organization website.**

Lighting your way  
through the  
healthcare maze.®

**Guardian Nurses Healthcare Advocates**

215-836-0260 | Toll Free 888-836-0260

info@guardiannurses.com | [GuardianNurses.com](http://GuardianNurses.com)