

**CO**RONA**VI**RUS **D**ISEASE 2019
(COVID-19)

**Mask Wearing Video and Interview Questions**

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Loyola University Medical Center has shared the following script and video recorded by Pulmonologist and Critical Care physician Daniel Dilling, M.D. about mask wearing. You are welcome to use this as an example and record a similar video.

[Link to recording](https://youtu.be/FHEghMUKSLs).

Video Interview Questions

**Coronavirus (COVID-19): Do masks restrict airflow?**

During this coronavirus pandemic, the Centers for Disease Control recommends that everyone wear a mask in public to minimize the transmission of COVID-19.

**Are masks safe?**

* As a pulmonologist, I can also assure you that wearing a mask is safe. I wear a mask every day. Masks will not diminish your body’s ability to fight this disease, nor will most masks impair oxygen intake.
* And masks work. COVID-19 is known to spread person-to-person primarily via salvia droplets or spray. A mask limits the amount of COVID droplets transmitted by you, as well as the amount of droplets or “viral load” that can enter through your nose or mouth.
* According to the American Lung Association, even a 50 percent reduction in viral transmission can minimize disease exposure and the potential for severe symptoms.
* This is especially important as not everyone who has COVID-19 looks or sounds sick; many are asymptomatic.

**What type of mask should I wear?**

* Surgical masks are readily available at drug and other retail stores. They are effective in preventing disease transmission and are designed to allow you to breathe comfortably.
* Cloth masks can also be effective, according to the CDC, if they:
	+ Have two or more layers of washable, breathable fabric;
	+ Completely cover the nose and mouth;
	+ And, fit snugly against the sides of your face without gaps.
* The American Lung Association says that a fabric mask should not be so thick that it is uncomfortable to breathe. Filter inserts are probably not necessary and may make a mask more uncomfortable.
* N-95 masks, while extremely effective, are intended for health care workers, and the CDC does not recommend them for public use. In addition, there is some evidence that the prolonged wearing of these masks in individuals with preexisting lung conditions may cause a buildup of CO2. Anyone with a lung condition should discuss wearing an N-95 mask with his or her doctor before use.
* Masks with an exhalation value or vents are not recommended as they allow air and respiratory particles to escape, putting those around you at risk.

Mask wearing helps to decrease the spread and impact of this potentially deadly disease. It shows respect for those around you and can help to protect you from contracting COVID-19.