

COVID Check 2022

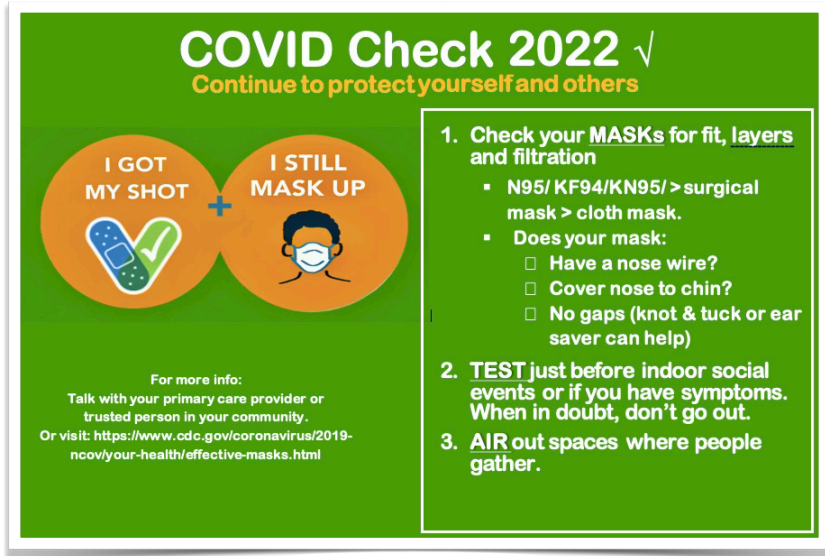
As we find ourselves in the midst of another COVID surge, and especially as kids are scheduled to go back to school this week, this is a good time for a Mask Check.

Nose bridge wire and **adjustable ear loops** are important features for kids' faces. Ear savers can also help a lot with fit.

Mechanical engineer *Aaron Collins* (aka the mask nerd) has been a great resource on this. Here is a recent op-ed he did in the Guardian: Best Masks This YouTube video also talks about best masks for kids: <https://www.youtube.com/watch?v=A88AGnN-nwI>

Joseph Allen at Harvard wrote a thread on Twitter this week, making the point that N95 (not for kids)/ KF94/KN95 > surgical > cloth. https://twitter.com/j_g_allen/status/1476176934568611843?s=20

Sew Face Masks Philadelphia has noted that **KF94's** continue to be the most reliable standard for children and cautioned that there are many counterfeit KN95s. NIOSH does not currently regulate N95's for children. Per CDC, those that claim to manufacture N95s approved for children, are counterfeit.



COVID Check 2022 ✓
Continue to protect yourself and others

I GOT MY SHOT + **I STILL MASK UP**

For more info:
Talk with your primary care provider or trusted person in your community.
Or visit: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>

1. Check your MASKs for fit, layers and filtration
 - N95/ KF94/KN95/ > surgical mask > cloth mask.
 - Does your mask:
 - ☐ Have a nose wire?
 - ☐ Cover nose to chin?
 - ☐ No gaps (knot & tuck or ear saver can help)
2. TEST just before indoor social events or if you have symptoms. When in doubt, don't go out.
3. AIR out spaces where people gather.

If choosing an N95 for adults, attention should be paid to selecting the correct size. KF94s are also a great option for adults, especially with adjustable ear straps. Facial hair interferes with fit.

Air quality is also important. Where HEPA is too costly, some school communities have organized around making Corsi/ Rosenthal boxes, as a lower-cost alternative. The CR Box air cleaner received the "Idea of the Year Award" from the Waterloo Filtration Institute.

"Dr. Corsi and I are honored to receive this award...Many, many people have contributed to the success of this idea. This award is for them as much as it is for us. As I have been saying for the past 18 months - We are not helpless!" -Jim Rosenthal, Certified Air Filtration Specialist

