



CSDS AFRICA

DRAFT GUIDELINES FOR COVID-19 DROPLET CONTROL USING CLOTH FACE MASKS

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OVERVIEW

The transmission of the coronavirus disease (COVID-19) occurs through contact with air droplets from infected individuals. These droplets may move from an infected person to a surface, the atmosphere or an uninfected person. A recent guideline issued by the United States Centers for Disease Control and Prevention (CDC) recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain to help prevent the country's escalating outbreak of the virus. Nobel prize-winning virologist Harold Varmus supports the view that placing a layer of cloth in front of your face stops 99% of the droplet from getting in contact with your face.

Wearing a face mask is compulsory in the Czech Republic, Morocco, Slovakia, Bulgaria and China. Every citizen has to wear one by law throughout the pandemic. In Austria, masks are also recommended for preventing the spread of the virus. There are growing concerns in Germany for the government to implement mandatory wearing of a face mask to help counter the spread of Covid-19. The UK is now weighing up similar measures. The Czech Republic has made mask wearing mandatory and the government has promoted the effort with PR campaigns and public appearances by politicians wearing face masks. In the government sponsored video, the narrator espouses the tactic, saying that face masks fundamentally reduces the transmission of air droplets from the wearer to other - "When we both have a face mask, I protect you, you protect me" she says.

The following draft guidelines have been prepared based on recent information issued by the CDC, the leading national public

health institute of the United States. We recommend the following guidelines for adoption by the Ghana Health Service and similar health service organizations across Africa.

1. GUIDELINES ON WEARING CLOTH FACE MASKS

Cloth face masks should—

- fit tightly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

2. GUIDELINES ON HOMEMADE CLOTH FACE MASKS

The use of simple cloth face masks can slow the spread of the virus, and help people who may have the virus, but do not know, from transmitting it to others. Cloth face masks made from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Don't stop social distancing. A face mask will not completely protect you from the coronavirus. However, a homemade face mask can provide light protection and remind you not to touch your face. It also helps prevent the spread of germs from you to others (University of Utah, 2020). Cloth face masks should be worn when a 6-foot social distance cannot be maintained (DoD, 2020).

Face masks should, however, not be placed on young children under age 2, anyone who

has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance. The cloth face masks recommended should not be surgical masks or N-95 respirators. Surgical masks or N-95 respirators should continue to be reserved for healthcare workers and other medical first responders, as recommended by healthcare experts.

It is recommended that cloth face masks be worn in public settings where other social distancing measures are difficult to maintain (e.g., markets, transport station, stores and pharmacies), particularly in areas of significant community-based transmission (CDC, 2020).

3. FREQUENTLY ASKED QUESTIONS

A. Should cloth face masks be washed or cleaned regularly, and if so, how regularly?

Yes. They should be routinely washed depending on the frequency of use. Ideally, 4 to 5 times a week.

B. How does one safely clean a cloth face mask?

Hand washing or the use of washing machines should suffice in properly washing a cloth face mask.

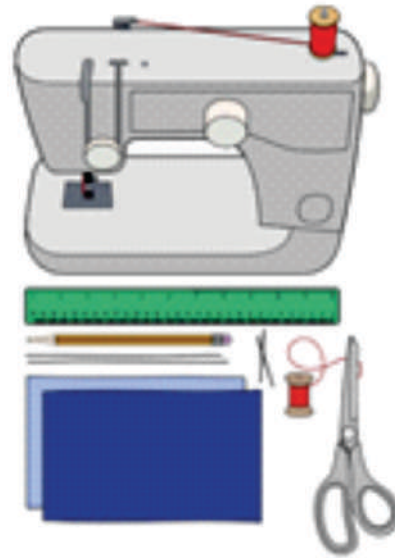
C. How does one safely remove a used cloth face mask?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face masks and wash hands immediately after removing.

4. GUIDELINES ON SEWING CLOTH FACE MASKS

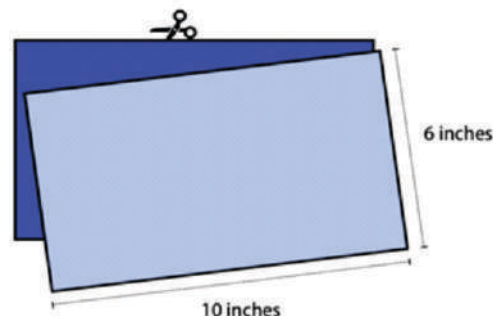
A. Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

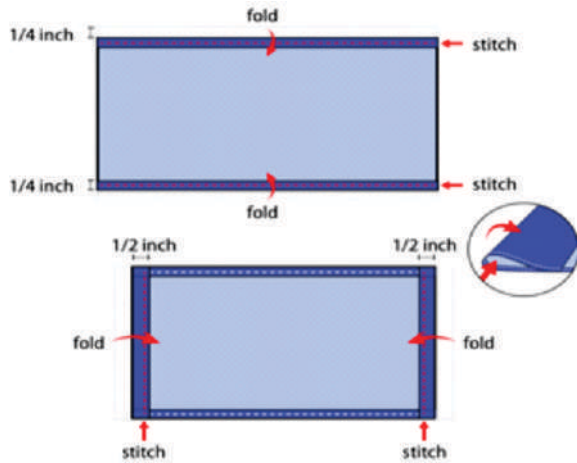


B. Tutorial

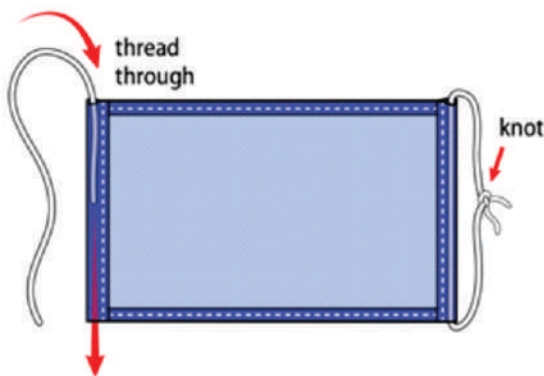
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric



2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.

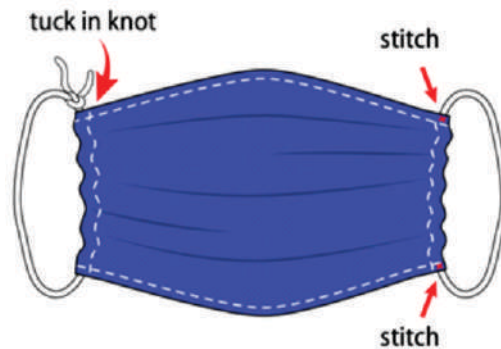


3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from

slipping.

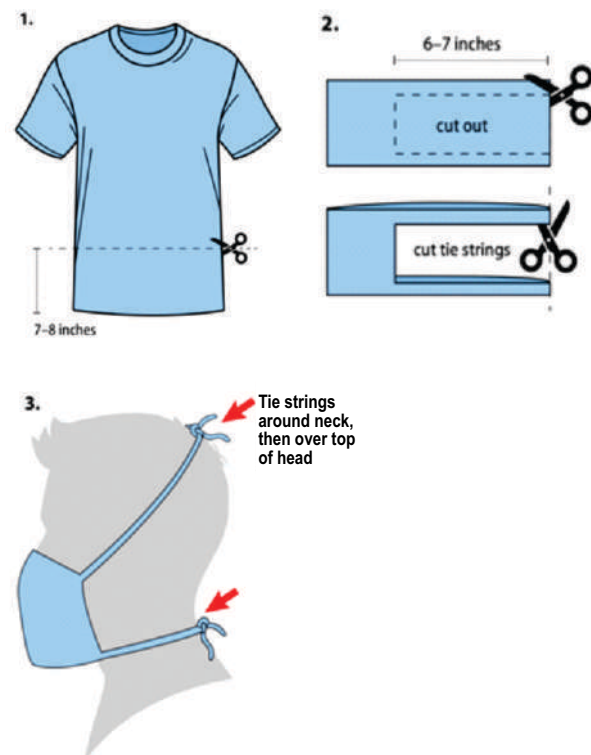


5. GUIDELINES ON QUICK CUT T-SHIRT CLOTH FACE MASK (NON-SEWING METHOD)

A. MATERIALS

- T-shirt
- Scissors

B. TUTORIAL



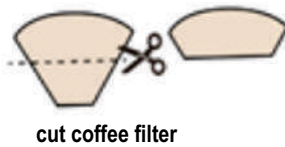
6. GUIDELINES ON BANDANA CLOTH FACE MASK (NON-SEWING METHOD)

A. MATERIALS

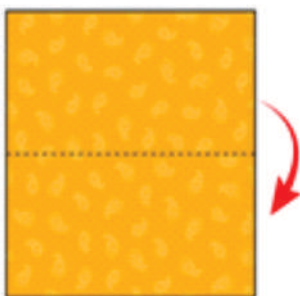
- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Coffee filter
- Scissors (if you are cutting your own cloth)

B. TUTORIAL

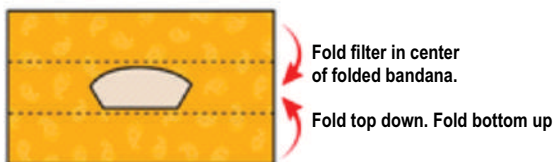
1.



2.



3.

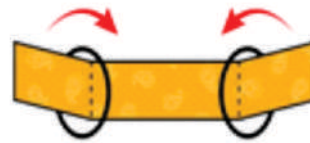


4.



Place rubber bands or hair ties about 6 inches apart

5.



Fold side to the middle and tuck.

6.



7.



AFFIRMATIVE STATEMENT

CSDS Africa develops draft guidelines, protocols, security policies and soft laws to guide nation states in Africa. We have adopted the CDC, US DoD and related research documents on the benefits of wearing cloth face masks to make them suitable for present purposes.



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