

COVID-19: Wearing a Mask

There has been a lot of talk in the last week about the value of the general public wearing masks to prevent the spread of COVID-19. Many people are still confused about what is being recommended. To help you, Heather McGillis and Kay Cranston compiled these helpful guidelines.

Guidelines for Wearing a Non-medical Mask

A mask is not a replacement for physical distancing (6 feet from another person) and hand hygiene. Dr. Theresa Tam, Canada's Chief Public Health Officer, says wearing a mask seems "a sensible thing to do" in tandem with physical distancing and hand hygiene.

The CDC (**Centre for Disease Control**) in the United States recommends that everyone wear a "cloth face covering" while in a public setting where physical distancing is difficult to maintain such as grocery shopping, medical appointments or the pharmacy. Some grocery stores are now requiring everyone to wear a mask.

Proper donning and removal of your face mask are very important. Follow these steps:

- Don the mask by covering your nose and mouth and placing the elastic around your ears OR if ties are used, tie to the back of your head.
- Don't touch your face while wearing a mask.
- Don't share your mask.
- Remove the mask by reaching behind your ears and removing the elastic without touching the front of the mask (this is the contaminated part of the mask).
- After removal, place the mask in a bucket of warm, soapy water and then wash your hands. Leave the mask to soak for 10 minutes then rinse and dry completely before further use.

Various materials have been suggested for making a non-medical mask such as two layers of heavyweight quilters cotton, two layers of thick batik fabric, or an inner layer of flannel and outer layer of cotton. Studies are still ongoing on this topic.

Adding a filter material in between the layers may add to the protection (blue shop towels or pellon interfacing are examples).

Make Your Own Cloth Mask

You may want to try making your own cloth mask. We have chosen a simple mask design endorsed by Guelph General Hospital. You will need:

- Clean cotton fabric (you could consider bed sheets, tea towels, t-shirts)
- Standard sewing tools (ie: sewing machine, measuring tape etc.)
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)

Cut the elastic 7" long and tie a knot at each end (do not knot the ends of the flat)

[CLICK HERE](#) for simple sewing instructions and a how-to video for making the mask.

Looking for a mask?

We have a bunch of talented sewers amongst us who are making cloth masks for family and friends. They would like to extend this service to anyone in the congregation who is in need of a cloth mask. You will be contacted when the mask is ready regarding pickup or delivery.

Fellow Sewers: If you have fabric and would like to sew some masks for members of the congregation, we would welcome your contribution. Please let the office know if you are able to make some masks.

If you are able to sew some masks or require a mask [CLICK HERE](#) to indicate I need a mask or I can donate/sew some masks.

Support Our Frontline Health Workers

Our frontline health workers need all the support we can give. We can all help them by staying at home. You can also donate Personal Protective Equipment and give words of encouragement to frontline staff working at Trillium Health Partners (Credit Valley and Mississauga Hospitals, and the Queensway Health Centre). [CLICK HERE](#) for more information. There is an online form to send them your personal message of thanks for their efforts.

Sharing Our Worship Experience

In this time of physical distancing, social and spiritual connections are more important than ever before. There has never been a better time to share the good news of Jesus Christ. The Worship Committee made the decision to begin making our worship services more widely available so that others can benefit from the wonderful music, readings and Morar's messages of hope that we all enjoy. This Easter weekend, for the first time, our worship services were posted on the Christ First website. Going forward, both services will be posted weekly except on April 19 when there will be links to United Church Moderator Richard Bott's service for 9:02 and Rev. Scott Beckett's service at Trinity United Church in Oakville for 10:30. Our Worship team will be taking a well-deserved breather after a very busy Holy week.