



Week of: April 5, 2021

## Why is a mask so important anyways? Does it really matter?

A mask is a protective barrier, for you and those around you.

A mask is only as good as its quality and integrity. Think of a mask like a filter. The “bigger” the “holes”, the less it filters. A lace, mesh, chiffon, or other loose weave does not provide protection like a 2 ply tightly woven cotton mask.

Wearing a mask over nose and mouth provide barrier protection; a mask below the nose does not.

Wearing a mask is protection, but does not exclude quarantine. Why? Because the integrity and proper placement of the mask can vary greatly, so it is not a *stand-alone* factor when determining potential spread of the Coronavirus. However, a mask can reduce the *viral spread*, which can decrease illness and severity.

Think of a mask like sunscreen. The act alone of applying sunscreen is not the sole preventative measure in preventing sunburn or skin cancer. We know that the higher the SPF, the better protection that is offered. Additionally, reapplying frequently and covering all skin is necessary for proper protection.

Sunscreen is not the only strategy to protect against sunburn. Wearing protective clothing, limiting prolonged sun exposure, and identifying risk factors of skin cancer are all preventative measures to protect against sunburn and skin cancer.

This is how we look at protecting ourselves against Covid 19. Wear a mask. Social distance. Practice proper hand hygiene. Consider the vaccine if applicable. Opt for fresh air / outdoors. If that is not possible, open windows and utilize air filtration systems.

### Update on Public Health and Executive Orders:

Face masks are still required. "Face mask" means a tightly woven cloth or other multi-layer absorbent material that closely covers an individual's mouth and nose. "Gathering" means any occurrence where two or more persons from more than one household are present in a shared space. Businesses, government offices, schools, childcare organizations, operators of public transit, and all other gathering organizers must not allow indoor or outdoor activities of any kind unless they require individuals to wear a face mask.

**Beginning April 26**, the face mask requirement includes children ages 2-4 and a good faith effort must be made to ensure that these children wear masks while in gatherings at childcare facilities or camps.

A person responsible for a childcare organization or camp, or an agent of such person, must not allow gatherings unless: [https://www.michigan.gov/coronavirus/0,9753,7-406-98178\\_98455-557116--,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98178_98455-557116--,00.html)

1. Face masks are worn by all staff;
2. A good faith effort is made to ensure that children aged 2 to 4 years wear a mask when participating in gatherings;
3. All children 5 years and older wear a mask when participating in gatherings

Update guidance on athletics: [https://www.michigan.gov/documents/coronavirus/2021.02.07\\_Interim\\_Guidance\\_for\\_Contact\\_Sports\\_updated\\_FINAL\\_715541\\_7.pdf](https://www.michigan.gov/documents/coronavirus/2021.02.07_Interim_Guidance_for_Contact_Sports_updated_FINAL_715541_7.pdf)

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