

Mask up like a pro Mayo Clinic expert shows how to safely wear, take off a face mask

Video	Audio
Gregory Poland, M.D. Vaccine Research Group Mayo Clinic	“Wearing masks is really important as one intervention to decrease the risk of transmission.
	It’s not perfect.
	It’s like vaccines.
	They are not perfect.
	Washing our hands is not perfect.
	But when you put those together, now you’re developing a protective shield if you will, around yourself, to decrease the chance that you’re going to get sick, and then pass it on to somebody else.
	So, you’ll notice every doctor, every nurse is wearing a mask.
	Let me explain how these are used.
	OK?
	First, types of masks ...
	... a study came out just two days ago showing that the neck gaiters are not effective.
	In fact, they may make things worse.
	Bandanas are about 50% effective.
	The 2, 3 and more ply cotton masks and surgical masks, like what I’m wearing, a so-called paper mask, are very effective.
	And the most effective mask is one called an N95, the

	kind without a valve.
	So, you have a paper mask like this ...
	... the blue side goes on the outside.
	You don't wear it inside out.
	You wear it this way.
	And you notice, I'm not touching the mask.
	I'm just touching the loops.
	You put it on over your ears.
	You adjust it by touching the edge.
	You crimp it over your nose.
	And ideally, you have it as tight as is comfortable because you don't want air coming in or around your mask.
	OK?
	Notice that it covers my nose, and it covers my mouth.
	A mask that's worn like this is ineffective.
	This is the proper way.
	Now, how do you take your mask off?
	The same way that you put it on.
	You do not touch the front of the mask.
	If you have been around COVID virus, it will adhere to that and you will contaminate your hands, and then rub your eye and get infected.
	So you take the mask off by holding the sides like this and removing it from your face.
	If it's a cotton mask, you can wash it.
	Just plain soap is fine.
	Otherwise, you either have to let this sit out in the sun

	for a couple of days in order to sterilize it.
	Or you just dispose of it.
	What the hypothesis is, is that if I'm infected, and remember most people infected don't know they're infected, which is why we wear masks.
	OK?
	You cannot tell by looking at somebody ...
	... are they infected?
	And they are breathing out.
	OK?
	And the thought is that if I were infected and I had a neck gaiter that I'm using, it actually fractures the large droplets into smaller, more infectious droplets."