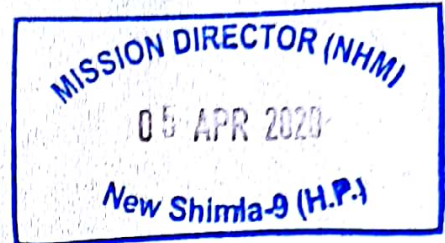




National Health Mission
SDA Complex, Kasumpti, Shimla-9
Himachal Pradesh
Dated: Shimla-171009, the



To

All the Chief Medical Officers
In Himachal Pradesh

Subject :-

Regarding Guidelines/ Advisories issued by MOHFW, Govt

Sir/Madam,

Please find enclosed guidelines/ advisories received from Ministry of Health & Family Welfare, Government of India regarding use of Homemade Protective Cover for Face & Mouth. You are requested to disseminate the guidelines for benefit of public at large.

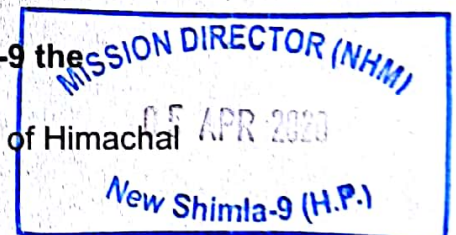
Nagun 5/4/20
Special Secretary (Health) cum
Mission Director, NHM
Himachal Pradesh, Shimla - 9

Endst. No. As above

Dated Shimla-9 the

Copy for information and necessary action to:

1. The Additional Chief Secretary (Health) to the Government of Himachal Pradesh.
2. All the Deputy Commissioners, Himachal Pradesh
3. The Director Health Services, Himachal Pradesh
4. All District Surveillance Officers, Himachal Pradesh



Nagun 5/4/20
Special Secretary (Health) cum
Mission Director, NHM
Himachal Pradesh, Shimla - 9

Advisory on use of Homemade Protective Cover for Face & Mouth

1. We are aware that social distancing and personal hygiene are keys to prevent COVID 19 infections. Certain countries have claimed benefits of homemade face cover for the general public. Such homemade face cover is a good method for maintaining personal hygiene. Such usage certainly will help in maintaining overall hygienic health conditions.
2. Therefore, it is suggested that such people who are not suffering from medical conditions or having breathing difficulties may use the handmade reusable face cover, particularly when they step out of their house. This will help in protecting the community at large.
3. This face cover is not recommended for either health workers or those working with or in contact with COVID 19 patients or are patients themselves as these categories of people are required to wear specified protective gear.
4. It is advised that two sets of such face covers be made so that one can be washed while the other is used. Hand washing would still remain essential criteria and hand should be washed before wearing the face cover. Such face covers should also not be thrown anywhere but kept safely, washed properly with soap and hot water and dried properly before they are used.
5. These face covers could be made out of clean cloth available at home, which needs to be thoroughly cleaned and washed before a face cover is stitched/made. The face cover should be prepared in such a manner that it can cover the mouth and nose completely and can be tied over the face easily.

6. There must not be a sharing of face covers and a face cover must be used by only one individual. So, in a family of several members, each member should have a separate face cover.

* * * * *

Issued **by** the Office of the Principal
Scientific Advisor to the Government
of India_ April 3, 2020

Annexure

Illustration by MoHFW



Face Covers for Curbing the Spread of SARS-CoV-2 Coronavirus

Manual on Homemade Protective Cover
for Face and Mouth.

Proposed guide is meant to provide a simple outline of best practices to make, use and reuse face covers to enable NGOs and individuals to make face protection themselves.

The key criteria for proposed designs are Ease of Access to Materials, Ease of Making at Home, Ease of Use and Reuse.

The homemade face cover should be prepared in such a manner that it can cover the mouth and nose completely and can be tied over the face easily.




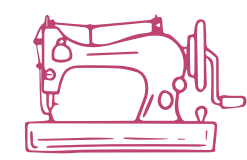
This face cover is not recommended for either health workers or those working with or in contact with COVID 19 patients or are patients themselves as these categories of people are required to wear specified protective gear.

Wearing of face covers is especially recommended for people living in densely populated areas across India.

You can easily make a face cover at home to protect yourself.

Option 1. Make a Face Cover using a Sewing Machine*

Things you will need:

- | | | |
|---|---|--|
| <p>1.</p>  <p>100% cotton material</p> | <p><i>Any used cotton cloth can be used to make this face cover. The colour of the fabric does NOT matter but you must ensure that you wash the fabric well in boiling water for 5 minutes and dry it well before making the face cover. Adding salt to this water is recommended.</i></p> | |
| <p>2.</p>  <p>Four pieces of cloth strips</p> | <p>3.</p>  <p>Scissors</p> | <p>4.</p>  <p>Sewing Machine</p> |

Begin with

1.a Cutting Fabric – Cut cloth for the face cover at the following sizes as required:

• Adult: 9 inch x 7 inch • Child: 7 inch x 5 inch

For Adult Size
Face Cover



1.b Cutting Strips– Cut 4 strips for tying and piping from cloth: **Two pieces at 1.5"x 5"** and **Two pieces at 1.5"x 40"**

**You can also make this face cover without a sewing machine*



Illustration by MoHFW



Inch(")=2.5cms

Process demonstrated below is for Adult Size Face Cover



Take the cut fabric, attach the 1.5x5" strip to be used as piping to the fabric on one end as shown.



Create three downward facing pleats of approximately 1.5" each folding cloth as shown.



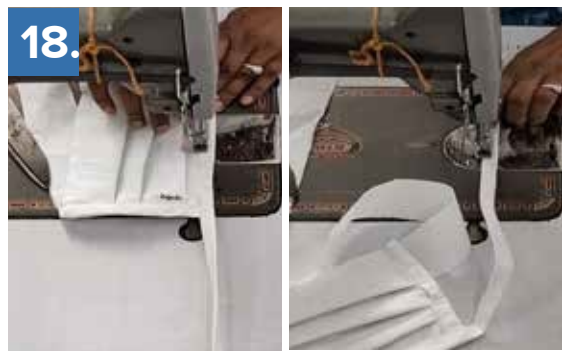
Turn the pleated cloth to the other side and repeat steps for pleating on this side as shown above. Once the pleats have been made, the height of the pleated cloth will be reduced from 9" to 5".



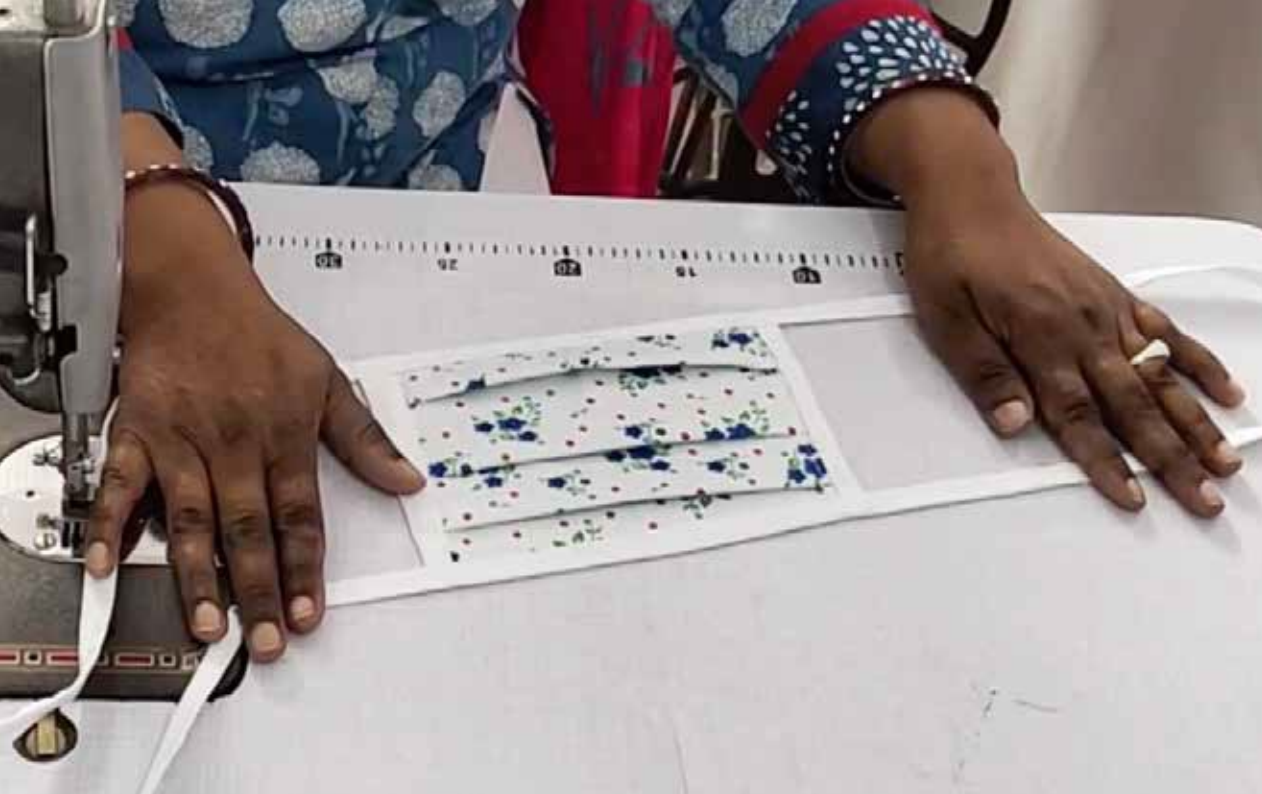
Secure the pleats with piping on both sides as shown above. Take extra care to keep all pleats facing downward as shown.




Now begin attaching the long 40" strips used for tying the face cover to the top and bottom as shown.




Once again fold both these strips three times and stitch as shown above.



 **Your face cover is now ready**

 **Ensure that the face cover fits around your mouth** and nose and there is no gap between it and your face. When wearing the face cover, the side facing you should show the pleats as facing downwards.

 **You must never reverse the face cover for reuse. Always thoroughly wash it after every use** following process shown further.



This face cover is currently being used by community health workers of organizations in South Rajasthan including, Amrit Clinic, Arth Hospital, and Shreyas Hospital. Images and process courtesy: Jatan Sansthan, Udaipur

Make sure the face cover fits your face well and there are no gaps on the sides...



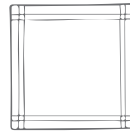
Remember to still maintain up to 2 meter distance from others at all times, wash your hands thoroughly when back home and do not touch your face or eyes!

Demonstrated by Dr. Gargi Goel, Pediatrician, Rajasthan

Option 2: Making a Face Cover at Home Without a Sewing Machine

Things you will need:

1.



100% Cotton material or a Men's cotton handkerchief

2.



Two rubber bands

Step 1



Fold the handkerchief from one side to little above the middle of the cloth

Step 2



Now fold over the other edge to go above the first fold

Step 3



Fold this again evenly from the middle as shown

Step 4

Take a rubber band and tie it on left side of the cloth as shown

Step 5

Now tie the other side with another rubber band
Ensure that the area in the middle of the two rubber bands is big enough to cover your mouth and nose

Step 6

Take one edge of the cloth on the side of the rubber band and fold over it. Do this for both sides

Step 7

Now take one fold and insert in to the other fold



1. Your face cover is now ready



2. Please ensure that the face cover fits around your mouth and nose comfortably but that there is no gap left between the face cover and the mouth.



3. To wear this face cover just wrap each rubber band around your ears



4. You must follow all precautions and instructions outlined above when using the face cover

IMPORTANT PRECAUTIONS:

Before using the handmade face cover remember:

1. Thoroughly wash and clean the face cover (as shown in next page) before wearing it.
2. Wash your hands thoroughly before wearing the face cover.
3. As soon as the face cover becomes damp or humid, switch to another face cover and clean the used face cover.
4. Never reuse a face cover after single use without cleaning it.
5. Never share the face cover with anyone. Every member in a family should have separate face cover.



When removing the face cover:

- **Do not touch the front or any other surface of the face cover**, remove it only with strings behind
- **For string face cover, always untie the string** below and then the string above
- **After removal, immediately clean your hands** with 65% alcohol-based hand sanitizer or with soap and water for 40 seconds
- **Drop it directly into a soap solution or boiling water** to which salt has been added

How to Clean and Sanitize your Homemade Face Cover Everyday

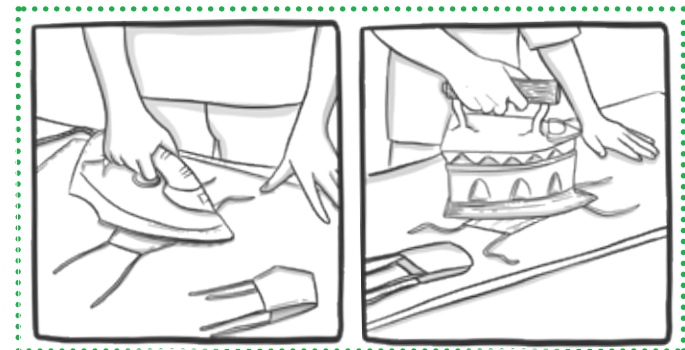
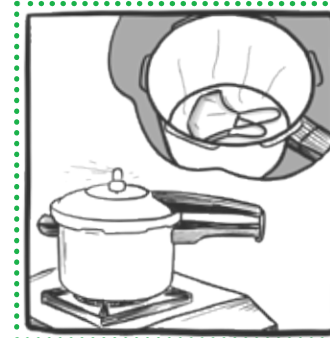
1. Thoroughly wash the face cover in soap and warm water and leave it to dry in hot sun for at least 5 hours.

If you do not have access to the sun, follow Option 2:

2. Place the face cover in water in a pressure cooker and pressure boil it for at least 10 minutes and leave it to dry. Adding salt to the water is recommended. **In the absence of a pressure cooker, you may boil the cloth face cover in hot water for 15 minutes.**

If you do not have access to a pressure cooker/boiling water, follow Option 3:

3. Wash and clean with soap and apply heat on the face cover for up to five minutes. (You may use an iron).



How to Store your Clean Face Cover

It is recommended that you make two face covers so you can wear one, while the other is washed and dried



1. *Take any plastic bag at home*



2. *Clean it thoroughly with soap and water*



3. *Let it dry well on both sides*



4. *Keep your extra clean face cover in this clean bag*



5. *Keep it sealed well*



6. *Now you can rotate your face covers for daily use*

Issued by the Office of the Principal
Scientific Advisor to the Government of
India_ April 3, 2020

Homemade reusable face covers only reduce the chances of inhaling droplets still in the air from an infected person, they do not give full protection. Homemade reusable face covers must be washed and cleaned each day, as instructed. Reuse without washing should **NEVER** be done. **Never share your face cover with anyone. Social distancing must still be maintained.**

**Remember to wash your hands frequently
with soap for 20 seconds.**

Images from public sources



Wearing of face covers is particularly useful in crowded areas.

Design by Vertiver