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# COMMISSIONERATE

## Health & Family Welfare Services

### Health Advisory - Masks

Date : 7<sup>th</sup> April, 2020

**Subject:- Advisory about preparing and wearing of home-made masks by the general public.**

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#### **Backdrop:**

Health advisory has been given to the public by the Commissioner's office on Dt : 31/03/2020 regarding the usage of masks under selective situations by different people. It has been given to understand that the management of shops are insisting customers to wear masks whenever they go for buying goods. Under these circumstances, advisory was given that wearing of masks was not mandatory. But it has been observed that the general public are voluntarily coming forward to wear masks as a result of publicity blitz regarding Coronavirus by the department. While discussing with public health specialist it has been found that, there is a positive effect on health due to wearing of masks. Therefore, the advisory.

#### **Mask:**

In the background of Corona infection, a manual is available in the internet issued by the Govt of India on preparation of home-made mask. Keeping the Govt of India guidelines as a base, a brief information is given on preparation of home-made masks.

- 1. Definition:** Covering the lower part of the face, which includes nose & mouth while breathing & conversing, with a three layered thin cotton cloth either due to medical causes or otherwise may be called as a mask in brief. But scientifically manufactured masks for wearing due to medical reasons are not mentioned here.
- 2. Utility :** In general by using a mask, a person can protect himself from inhaling smoke, dust, bacteria & virus. But in order to protect oneself from bacteria & viruses, a person has to use medically certified masks only. What is mentioned here is voluntarily wearing of masks by the people for reasons other than the medical. Already the workers working in garment industries are provided with masks to protect them from dusts. On the same lines, it is felt that some amount of benefit will accrue in respiratory health for the people in cities, where the air pollution due to smoke & dust is very high.

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3. **Preparation** : Unused & untorn old cotton clothes like veil, banian, T-shirt, handkerchiefs etc., can be used for preparation of the mask. Using synthetic or semi-synthetic clothes is not advisable.
4. **Size** : Adults : 9" X 7" Children : 7" X 5"
5. **Stitching** : It can be either stitched by the sewing machine available in the house or hand-stitching in case the sewing machine is not available. The masks should have two folds with three frills and four threads (strings) on the four corners to tie to the head.
6. **When to use** : Whenever one comes into contact with a stranger, when one goes for shopping, when one attends office / work & whenever he / she interacts with a primary & secondary Covid-19 contact by choice or by chance.
7. **Usefulness** : By stitching home-made masks, the demand for masks in the market can be reduced. The regular use of mask will improve the health of the user as well as his contacts, as already mentioned. These masks can be reused by washing in hot-water & ironing. In this context, it is desirable that every person should have minimum two masks.
8. **Warning** : One should not use the mask of others. It should be user specific. If not used properly, it may obstruct fresh air & oxygen, causing head-ache, fatigue & other side-effects. Masks should not be touched by unwashed hands. It should be worn properly without wearing it inside-out.
9. **Reference** : For a detailed text in English readers may refer guidelines from Ministry of Health & Family Welfare, Government of India or they may visit departmental web-site for Kannada translation of the GoI guidelines.

  
7-4-23  
Commissioner  
Health & Family Welfare Services