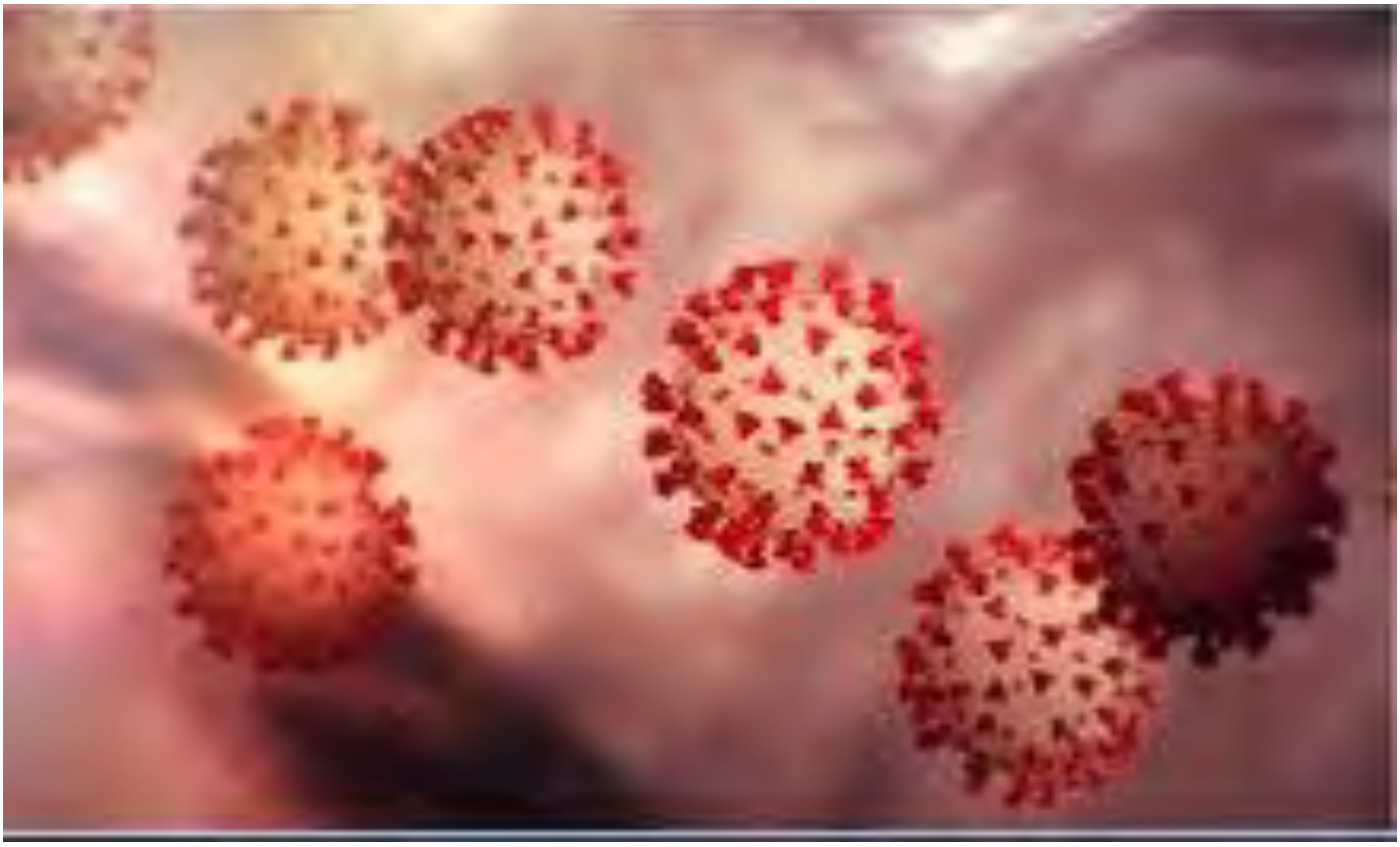

# COVID-19 Pandemic

## Region 8 Veterans

## Committee Newsletter

*April-May-June 2020*

This newsletter is dedicated to all whom we lost in this horrific time.

# CONTENTS

It is with sadness that I share this:

# Resurrection Funeral Home

40800 Hayes Road, Clinton Township, MI

## OBITUARY

Mark David Liburdi

AUGUST 28, 1964 – MARCH 29, 2020

Mark David Liburdi, 55 of Shelby Township Mi. was taken by the Lord unexpectedly on Sunday, March 29, 2020. He leaves behind his wife Gina

(Gemignani) Liburdi and 6-year-old daughter, Gianna both of whom were the loves of his life.

Born in New Britain, CT. on August 28, 1964 and lived in Southington, CT. where he graduated from Southington High School in 1982. He served in the United States Air Force from 1982 to 1985. He was employed by Theis Manufacturing in Bristol CT. and was President of UAW Local 712 there. Mark was appointed to the staff of the International Union, UAW in Detroit, MI in 2006 and was a highly respected Administrative Assistant in the President's office. Mark was an active member of the boating community in Michigan.

Mark leaves behind his father Victor and his wife Marsha Liburdi of Stonington, CT., mother Carol (Barrett) and husband Eric Goodhart of Hubbardston, MA., brother Andrew and his wife Melissa Liburdi of Wethersfield, CT., grandmother Catherine Barrett of Berlin, CT., nephew Cameron Parent of Southington CT., father in law Frank and mother in law Mary Ann Gemignani of Michigan, brother in law, Jerry Gemignani of Manhattan, New York. He was predeceased by his sister Marla (Liburdi) Parent, grandparents Joseph and Carmela Liburdi and Joseph Barrett.

Mark will be missed by his loved ones and friends. Private burial arrangements by the Resurrection Funeral Home in Clinton Township, MI. will be at the convenience of the family. A Christian Memorial Service will be held at a future date.

- FAMILY
- Gina (Gemignani) Liburdi, Wife
- Gianna Liburdi, Daughter
- Victor and his wife Marsha Liburdi, Father
- Carol (Barrett) and husband Eric Goodhart Gianna, Mother
- Andrew and his wife Melissa Liburdi, Brother
- Catherine Barrett, Grandmother
- Cameron Parent, Nephew
- Frank and Mary Ann Gemignani, Father and Mother in Law
- Jerry Gemignani, Brother-in-law
- He was predeceased by his sister Marla (Liburdi) Parent, grandparents Joseph and Carmela Liburdi and Joseph Barrett.

In these troubled times, make sure you have all your benefits applied for. Due to the COVID-19 Pandemic, it showed us how tomorrow isn't promised. Hope this helps to assist in making arrangements needed.

# Military Discharge Form DD214: How to Claim Veterans Benefits – Funeral Benefits

## DD Form 214 and Veteran Funeral, Cremation, and Burial Benefits

The VA provides a number of funeral benefits for vets, but you need the DD214 to access them. In some cases, you might need to expedite a copy of the form to receive the benefits in time, though it's still possible you could wait six to eight weeks. One way around the issue is to work with your provider to schedule a memorial service following a cremation or burial. Memorial services are less time-sensitive, allowing families to include appropriate vet-related benefits in a service after the form is received.

In some cases, vets might have an equivalent form that provides the same information as the DD214. This is especially true for service members who were discharged before 1950; even after 1950, other forms were in circulation that detailed discharge status and military service, such as the War Department Adjutant General Office Form 53-55.

If you're planning ahead for end-of-life matters and you haven't been discharged from the military yet, you obviously won't have a DD214. You can provide a copy of your military ID or other proof that you are active-duty military to the funeral provider you're working with.

### Who Is Eligible for VA Military Cremation and Burial Benefits?

You are eligible for the benefits as long as your DD214 reflects any discharge status other than dishonorable. The funeral and burial reimbursement benefit also comes with some requirements, such as being eligible for VA pension payments, or passing away in a VA hospital. Those conditions are **listed in detail** by the VA.

## Service-related Death

VA will pay up to $2,000 toward burial expenses for deaths on or after September 11, 2001, or up to $1,500 for deaths prior to September 11, 2001. If the Veteran is buried in a VA national cemetery, some or all of the cost of transporting the deceased may be reimbursed.

## Non-service-related Death

VA will pay up to $796 toward burial and funeral expenses for deaths on or after October 1, 2019 (if hospitalized by VA at time of death), or $300 toward burial and funeral expenses (if not hospitalized by VA at time of death), and a $796 plot-interment allowance (if not buried in a national cemetery). For deaths on or after December 1, 2001, but before October 1, 2011, VA will pay up to $300 toward burial and funeral expenses and a $300 plot-interment allowance. For deaths on or after April 1, 1988 but before October 1, 2011, VA will pay $300 toward burial and funeral expenses (for Veterans hospitalized by VA at the time of death).
An annual increase in burial and plot allowances for deaths occurring after October 1, 2011 began in fiscal year 2013 based on the Consumer Price Index for the preceding 12-month period.

## Eligibility Requirements

- You paid for a Veteran's burial or funeral, **AND**

- You have not been reimbursed by another government agency or some other source, such as the deceased Veteran's employer, **AND**
- The Veteran was discharged under conditions other than dishonorable, **AND**
  - The Veteran died because of a service-related disability, **OR**
  - The Veteran was receiving VA pension or compensation at the time of death, **OR**
  - The Veteran was entitled to receive VA pension or compensation, but decided not to reduce his/her military retirement or disability pay, **OR**
  - The Veteran died while hospitalized by VA, or while receiving care under VA contract at a non-VA facility, **OR**
  - The Veteran died while traveling under proper authorization and at VA expense to or from a specified place for the purpose of examination, treatment, or care, **OR**
  - The Veteran had an original or reopened claim pending at the time of death and has been found entitled to compensation or pension from a date prior to the date or death, **OR**
  - The Veteran died on or after October 9, 1996, while a patient at a VA-approved state nursing home.

**NOTE**: VA does not pay burial benefits **if** the deceased:

- Died during active military service, **OR**
- Was a member of Congress who died while holding office, **OR?**
- Was a Federal prisoner

## *Evidence Requirements*:

- Acceptable proof of death as specified in 38 CFR 3.211., **AND**
- Receipted bills that show that you made payment in whole or part, **OR**
- A statement of account, preferably on the printed billhead of the funeral director or cemetery owner. The statement of account must show:
  - The name of the deceased Veteran for whom the services and merchandise were furnished, **AND**
  - The nature and cost of the services and merchandise, **AND**

- All credits, **AND**
- The amount of the unpaid balance, if any

## How to Apply

- You can apply online at Vets.gov, **OR**
- To submit a paper application, download and complete VA Form 21P-530, *Application for Burial Allowance* and mail it to the Pension Management Center that serves your state, **OR**
- Work with an accredited representative, **OR**
- You may also go to your local regional benefit office and turn in your application for processing.

## Additional Information

Other information regarding VA burial benefits such as flags, headstones and markers is provided by the National Cemetery Administration.

**This IS the new normal. Returning to work? This is required! Going out in public? Grocery store? You get the drill.**

*First things first! Why? What? When? How? This is key to being safe in the work place and out in public.*

## What is a face mask?

Face masks are one tool utilized for preventing the spread of disease. They may also be called dental, isolation, laser, medical, procedure, or surgical masks. Face masks are loose-fitting masks that cover the nose and mouth, and have ear loops or ties or bands at the back of the head. There are many different brands and they come in different colors. It is important to use a face mask approved by the FDA.

## What is a face mask used for?

Facemasks help limit the spread of germs. When someone talks, coughs, or sneezes they may release tiny drops into the air that can infect others. If someone is ill a face masks can reduce the number of germs that the wearer releases and can protect other people from becoming sick. A face mask also protects the wearer's nose and mouth from splashes or sprays of body fluids.

## When should a face mask be worn?

Consider wearing a face mask when you are sick with a cough or sneezing illness (with or without fever) and you expect to be around other people. The face mask will help protect them from catching your illness. Healthcare settings have specific rules for when people should wear face masks.

## How to put on and remove a face mask

Disposable face masks should be used once and then thrown in the trash. You should also remove and replace masks when they become moist.

Always follow product instructions on use and storage of the mask, and procedures for how to put on and remove a mask. If instructions for putting on and removing the mask are not available, then follow the steps below.

# How to put on a face mask

1. Clean your hands with soap and water or hand sanitizer before touching the mask.
2. Remove a mask from the box and make sure there are no obvious tears or holes in either side of the mask.
3. Determine which side of the mask is the top. The side of the mask that has a stiff bendable edge is the top and is meant to mold to the shape of your nose.
4. Determine which side of the mask is the front. The colored side of the mask is usually the front and should face away from you, while the white side touches your face.
5. Follow the instructions below for the type of mask you are using.
    - *Face Mask with Ear loops:* Hold the mask by the ear loops. Place a loop around each ear.
    - *Face Mask with Ties:* Bring the mask to your nose level and place the ties over the crown of your head and secure with a bow.
    - *Face Mask with Bands:* Hold the mask in your hand with the nosepiece or top of the mask at fingertips, allowing the headbands to hang freely below hands. Bring the mask to your nose level and pull the top strap over your head so that it rests over the crown of your head. Pull the bottom strap over your head so that it rests at the nape of your neck.
6. Mold or pinch the stiff edge to the shape of your nose.
7. If using a face mask with ties: Then take the bottom ties, one in each hand, and secure with a bow at the nape of your neck.
8. Pull the bottom of the mask over your mouth and chin.

# How to remove a face mask

1. Clean your hands with soap and water or hand sanitizer before touching the mask. Avoid touching the front of the mask. The front of the mask is contaminated. Only touch the ear loops/ties/band. Follow the instructions below for the type of mask you are using.
2. *Face Mask with Ear loops:* Hold both of the ear loops and gently lift and remove the mask.
3. *Face Mask with Ties:* Untie the bottom bow first then untie the top bow and pull the mask away from you as the ties are loosened.
4. *Face Mask with Bands:* Lift the bottom strap over your head first then pull the top strap over your head.
5. Throw the mask in the trash. Clean your hands with soap and water or hand sanitizer.

**<u>This IS the new normal.  Returning to work?  This is required! Con't…</u>**

**Due to shortage of supplies as medical staff are a high priority, here is a website to make your own masks.**

**https://www.instructables.com/id/DIY-Cloth-Face-Mask/**

# Introduction: DIY Cloth Face Mask

**UPDATE 5**

This update is care of two wonderful DIY folks from this community: 1. Since printers tend to slightly shrink or enlarge documents, and since one size mask does not fit all, Winko has created scalable vector based files! More info about this in step 1.

2. You have been asking for a video tutorial. Super star Sabrinayaya is an RN working in Sault Saint Marie, Ontario Canada. She made us a video for how to sew Mask 1 I made a couple comments about it in Step 2.

**UPDATE 4**
Hey mask makers! You rock! Sorry to disappear for a week but I was helping get our local community mask sewing project off the ground (western North Carolina)**.** I've added a Mask 1 pattern PDF (reg size) with a GRID on it, at last. Also, some new informative links related to cloth mask effectiveness and other relevant topics. Lastly, I've added a section about FILTERS. Keep sewing and keep safe!

**UPDATE 3**
Child size pattern added, problem with large size pattern PDF solved, added some more measurements to the wire and elastic supply list, added a whole section on filter options in the research notes. Tomorrow I will add a new step at the end, with a list of community coordinated mask sewing calls. Medical facilities asking for DIY help to alleviate short supplies across the US and elsewhere.

**UPDATE 2**
*Holy moly, the DIY face mask world is blowing up. See #millionmaskchallenge on twitter. Some of the info being shared is incorrect, at least according to what I've been looking at for the last 2 weeks. But some of it is useful. I am trying to compile relevant new info in the research notes at the end.*

**UPDATE**
*Hey folks, thanks for reading. I just shared the research links I used in the final step, if you want to come to your own conclusions. I have also added a simpler version of the pattern (Mask 2) with no filter pocket, as well as a larger size option (in Step 1 files). I will continue to update this pattern and info as I can. Working on a kid size one next. Stay safe!*

## Why You Should Make (and wear!) Your Own Cloth Face Mask (and how do it)

With highly contagious coronavirus (COVID19) rapidly spreading throughout the world, many people are shopping for surgical masks to protect against this dangerous disease.

The sudden increase in demand for “Personal Protective Equipment” (PPE) and the interrupted supply lines in China have led to a critical shortage of small particle filtering face masks (N-95s) and fitted rectangular sneeze guards (“surgical masks”).

News reports, appropriately seeking to reserve limited supplies of these disposable items for medical institutions, have been asking people not to purchase these items. Public officials have been quoted suggesting that face coverings can’t help prevent the spread of this new virus.

The truth is more complicated:

COVID19 is spread from person-to-person in droplets of moisture, mucus and saliva from people with infections. Coughing, sneezing, and even normal breathing put these virus particles into the air. One sneeze can put out thousands of droplets.

People standing less than 6 feet away may become covered with these virus particles while they are still in the air. After the droplets fall, the virus particles can remain active for up to nine days.

Infection occurs when someone breathes in airborne droplets, or when they touch their mouth, nose or eyes with hands covered in virus particles that have fallen out of the air onto counters, hand rails, floors or other surfaces.

Wearing a face mask helps stop people from becoming infected in two ways:

1) By blocking most airborne droplets filled with virus from being inhaled

2) By stopping the wearer from touching their own mouths and noses.

Studies have shown that medical professional using surgical face masks correctly get 80% fewer infections than those who don't.

So why the mixed messages?

First, because the protection only comes when the masks are used properly. They must be put on clean, taken off carefully, and paired with rigorous hand washing, and the discipline not to touch the face.

Second, because gaps around the masks and between the fibers in the masks, even in commercial surgical masks, are too large to block all viruses. Sneeze and cough droplets are usually between 7 and 100 microns. Surgical masks and some cloth masks will block 7-micron particles but the COVID19 virus particles are 0.06 to 0.14 microns.

So why should you make your own face masks?

1) In the event you become sick, having a supply of masks at home will give some level of protection to friends and family while you seek medical advice. It will certainly be better than no mask at all (see research notes).

2) By making your own, and hopefully for family and friends, you will be decreasing demand on limited supplies of industrially manufactured, disposables, which are desperately needed by hospitals and nursing homes.

3) These comfortable, curved shaped masks rest closer to the face, with fewer gaps, than rectangular surgical masks.

4) Our homemade designs are washable, making them environmentally friendly.

## Supplies:

Mask 1 is fitted, with 2 layers of fabric and a pocket between them for an optional filter (see research links for info on filters). It is held on by elastic ear loops. Elastic can also be threaded to fit around the head.

Mask 2 is fitted, with 2 layers but no pocket, and is easier to make.

seam allowances are ¼" unless noted

***MASK 1 & 2 supplies (child, regular and large size):***

***8" x 12" fabric outer layer***
***8" x 12" fabric lining layer***
***3" piece of soft wire (this can be decorative wire as shown, picture wire, or a pipe cleaner doubled over)***
***approx. 22" of elastic cord (child size length 10", regular size length 11-12", large size length 13")***

WHAT KIND OF FABRIC?
You can choose any tightly woven cotton or cotton/poly fabric you like. Hold it up to the light to see how tight the weave is. Use the same fabric for outer and lining if you want, or use different ones to help you remember which side is clean and which dirty.

The research (see links at the end) shows 100% cotton having some effectiveness. Cotton/polyester blends may have additional properties of repelling water, making them better barriers to keep droplets from soaking through outer layers.

Don't use stretchy, sequined or velvet material.

Wash all fabrics before sewing to pre-shrink, and to assure you are working with the most sanitary materials possible.

# Step 1: Pattern, Cut, Center Seam



Print out PDF paper pattern piece(s) at actual size on 8.5” x 11” paper. For MASK 1 print file called "Mask 1 reg size pattern". It has 2 pieces: A (outer) and B (lining). For MASK 2, print either "Mask 2 reg size pattern" or "Mask 2 large pattern" or "Mask 2 child pattern". It just has one piece. At this time, I don't have a large or child size pattern for a Mask 1. Will work on that. Cut out the paper pattern pieces.

ABOUT PRINTING THE PATTERNS:

- For those without a printer - open up the gridded pattern PDF so you can draw it yourself
- Make sure you print with the landscape orientation, not portrait or it will come out too small.
- Here are the measurements for reference Don't stress about 1/8" variations on your printed patterns. There is wiggle room in the design:
  - Mask 1 piece A is 6 3/8" h x 5.25" w. at the bottom B is 6 3/8" h x 4.25" w at the bottom
  - Mask 2 child is 5.25" h x 4 7/8" w and the bottom
  - Mask 2 regular is 6.25" h x 5.5" w at the bottom
  - Mask 2 large is 6.75" h x 6" w at the bottom

- Instructables community member Winko made scalable files for masks 1 and 2. Go to this link and open the pattern you want in your browser. There is a drop-down menu with print sizing options, including a customizable one.
- European paper size: I've been told that the paper size in Europe is DIN4 and you need to adjust the scale to 107%.

.....

MASK 1

Layer your fabrics right sides together.

Pin pattern(s) to folded fabrics and cut two A and two B. Transfer the 2 dots from pattern onto the two A pieces on wrong side of fabric. Pencil a line between them lightly on each piece.

MASK 2

Layer your fabrics right sides together.

Pin pattern piece to folded fabrics (outer and lining). Cut 4.

Sew center curves of outer layers, right sides together. Sew center curves of lining layers, right sides together. Clip the curved seam at about ½" intervals but not down to the seam.

**Attachments**

- **Mask 1 grid regular sized.pdf**

Download

- **mask 1 regular size with pocket.pdf**

  Download

- **mask 2 large pattern.pdf**

  Download

- **mask 2 regsize pattern.pdf**

  Download

- **mask 2 child pattern.pdf**

For MASK 1 (with pocket) *

Fold straight sides of lining fabric toward wrong side, and sew fold down with straight stitch.

On outer layer sides, fold top and bottom corners down, using the dotted lines on pattern and the transferred dots as guides. Pin. Fold raw edge over and pin. Ironing helps keep this in place. Stitch along all the 3 folds on each side, 1/8” from fold.

Make the sleeves for the elastic - With wrong side up, fold angled, stitched ends of outer layer up to the pencil line. Stitch down.

## Step 3: MASK 1 Connect Layers, Elastic



Lay inner layer over outer layer, right sides facing in. Sew the top edge and the bottom edge. Clip curved seam.

Turn right side out. Top stitch the top and bottom seams, 1/8” from edge. This will assure both layers stay in place during laundering.

Feed elastic through the sleeves (approx. 11” per side). A wire needle or small safety pin can help feed it through.

## Step 4: MASK 1 Nose Wire, Elastic, Filter


Make a channel to hold the nose wire by stitching a line 1/4” from the top stitch line, echoing the curve (2” on each side). Slide a 3”ish piece of wire into the slot created (loop the ends first with pliers if they are sharp). Sew the ends of the channel closed.

Tie ends of elastic into loops and fit mask to your head by tucking loops behind ears. Adjust knots as needed. It should fit snugly but not pull on your ears. If desired, you can make the elastic go around the back of the head. Don't cut the elastic in half. Feed each end of the 16" length through the sleeves in a U shape. Tie together and fit mask. Adjust knot as needed for snug fit.

Bend the wire to fit snugly over the bridge of your nose.

Optional: If you have a suitable filter material, you can increase the filtering capacity by slipping this material into the pocket between the outer layer and the lining. Cut whatever filter material to fit as needed. See research notes for more about what might be suitable.

Optional: If you have a suitable filter material, you can increase the filtering capacity by slipping this material into the pocket between the outer layer and the lining. Cut whatever filter material to fit as needed. See research notes for more about what might be suitable. Refer to DOWNLOAD on Link **https://www.instructables.com/id/DIY-Cloth-Face-Mask/**

## Step 5: MASK 2 Instructions

For MASK 2 (easier, no pocket)

Pin right sides of outer and lining layers facing each other. Sew all the way around the edge, except for a 1.5" gap on the bottom edge. Turn right side out and press.

Note - the pointy end of an ironing board is the perfect size and shape to press these masks on.

Sew the wire channel, 1/2" down from edge and 2" to each side of the center seam. See picture.

Slide the wire through the turning hole, into the wire channel. Stitch the ends of the channel closed so it won't move around when washed.

Top stitch 1/8" around the entire mask, closing up the turning hole as you do. Be careful of the wire. You can skip that section of top stitching if there isn't enough room to go above the wire.

Lay mask with lining side up on table and fold 1" of each end of the mask toward the center. Pin and sew, making the elastic channels.

See Step 4 of MASK 1 for how to thread the elastic. Refer to DOWNLOAD **https://www.instructables.com/id/DIY-Cloth-Face-Mask/**

## Step 6: Conclusion & About Us

Conclusion:

We recommend making 3 masks per person: one to wear, one in the wash, one for a spare or to share. Remember, always remove the mask carefully. Do not reach under the mask with dirty hands. Touch dirty to dirty, clean to clean. Wash your hands and face immediately after removing mask. For best results in cleaning masks - immediately upon removing, spray the front and back with hydrogen peroxide to kill germs, then wash in soap and hot water.

We are artist Jen Murphy, and medical professional Sabra Stein. We are worried about protecting our family and friends from contagious disease. Help from other friends have further developed the sizes and the new simpler MASK 2 design. Thanks Chris and Sheila!

We adapted this design from several sources online, including Craftpassion.com. New information about the disease is released daily. This is what we think is the best way to do it as of the latest update.

We make NO CLAIMS that these masks will protect you from covid19. Use at your own risk.

**Note from Jen:**
Since creating this tutorial and getting featured in Forbes Magazine (Thank you TJ McCue!), it has gotten a crazy number of views, comments and questions. I appreciate all the tips and clarifications you all have brought in. Together we have made it better. That's what is awesome about instructables and the worldwide community of makers. What I've learn from you guys has gone into the masks we designed for the Masks of Love project in my hometown. Refer to DOWNLOAD **https://www.instructables.com/id/DIY-Cloth-Face-Mask/**

## Step 7: Research Links

These are the places I got my info, as well as talking to medical workers. Do your own research and please share in comments if you find new relevant information.

Most important article, please read even if you don't read anything else:

How to put on and remove a face mask
https://www.sfcdcp.org/communicable-disease/health...

STUDIES

Brand new paper reviewing and synthesizing the scientific evidence for how universal masking can reduce transmission and dampen the spread of COVID-19. It's now under review. Preprint here

https://www.preprints.org/manuscript/202004.0203/v...

Oxford Academic 2010
https://academic.oup.com/annweh/article/54/7/789/2...

University of Cambridge 2013
https://www.researchgate.net/publication/25852580...

National Institute of Health 2013
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3785..

CDC INFO ON CLOTH MASKS

CDC instructions for simple mask.
https://wwwnc.cdc.gov/eid/article/12/6/05-1468_art...
Low on actual instructions, high in scientific reference. This is their official word about cloth masks:

"Unlike NIOSH-approved N95s, facemasks are loose-fitting and provide only barrier protection against droplets, including large respiratory particles. No fit testing or seal check is necessary with facemasks. Most facemasks do not effectively filter small particles from the air and do not prevent leakage around the edge of the mask when the user inhales. The role of facemasks is for patient source control, to prevent contamination of the surrounding area when a person coughs or sneezes. Patients with confirmed or suspected COVID-19 should wear a facemask until they are isolated in a hospital or at home. The patient does not need to wear a facemask while isolated."

CDC "Strategies for Optimizing the Supply of Facemasks:
https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-...

Again, here is the Hyper Link for all instructions and patterns:

## https://www.instructables.com/id/DIY-Cloth-Face-Mask/

# Doctors scramble for best practices on reusing medical masks during shortage

March 24, 2020

These masks aren't healthy to reuse, period. But some medical professionals have to right now.

A man is shown wearing an N95 respirator mask, which is not intended to be reused.

Very little is known about how to properly reuse medical masks to fight infectious diseases. No method is confirmed to work. Still, in a report to doctors, which has yet to be peer reviewed, some researchers are beginning to point to the best options for decontaminating used masks.

Medical professionals are reusing single-use medical masks across the country right now, according to the news organization The Intercept and numerous other reports, as the COVID-19 pandemic is stressing the usual supply chains for the masks. Medical masks, including N95 masks, are intended to be single use and must be worn properly to be effective. According to a new article released by researchers at Stanford University's School of Medicine's COVID-19 Evidence Service today (March 24), however, there are some methods that doctors can use that do seem to be better than others. (Their communications particularly targeted anesthesiologists.)



"We do not advocate or advise specific treatments or approaches," the researchers began. "The COVID-19 Evidence Service aims to share the best available evidence to address questions for clinical anesthesiologists and the anesthesiology community. We recommend that hospital policy and procedures be respected and adhered to."

**Related: 13 coronavirus myths busted by science**

Referring to a paper published in the journal Annals of Occupational Hygiene in 2009, among others, the researchers compared and contrasted these different methods for sterilizing N95 masks, many of which were ineffective:

- Heat in an oven for 30 minutes at 158 degrees Fahrenheit (70 degrees Celsius)
- Use ultraviolet light for 30 minutes
- Soak the mask in 75% ethyl alcohol, then let it dry
- Clean the mask with liquid or vapor hydrogen peroxide
- Clean the mask with bleach
- Steam the mask with hot vapor from boiling water
- Microwave the mask
- Use extreme heat in an oven or autoclave
- Soak in soap and water

"To be useful, a decontamination method must eliminate the viral threat, be harmless to end-users and retain respirator integrity," they wrote.

All of the methods used were believed effective for destroying coronaviruses, they wrote, but not all of them were good ideas.
"DO NOT use alcohol and chlorine [bleach]-based disinfection methods," they wrote. "These will remove the static charge in the microfibers in N95 facial masks, reducing filtration efficiency. In addition, chlorine also retains gas after de-contamination, and these fumes may be harmful."

Microwaves tended to melt the masks and render them useless.

Hydrogen peroxide and ultraviolet radiation appeared to be at least somewhat more effective, they wrote, "but it is not known if they would retain filtration, material strength and airflow integrity with repeated use."

Autoclaves, 320 F [160 C] ovens, and soap and water soaking, all appeared ineffective, they wrote.

However, they wrote, "70 C / 158 F heating in a kitchen-type of oven for 30 min, or hot water vapor from boiling water for 10 min, are additional effective decontamination methods."

## Due to shortage, here are some things to consider for your safety and others.

## Video:
## **https://www.bing.com/videos/search?q=how+to+wash+a+cloth+mask+due+to+shortage&docid=608055579327201798&mid=64290EB6AE99FE1F1B6964290EB6AE99FE1F1B69&view=detail&FORM=VIREHT**

The CDC still does not recommend reusing masks, and the researchers encouraged doctors to follow guidelines in their clinics. If you are not a medical professional, the best way to avoid getting sick isn't using a mask (new or reused), but staying at home. If you must go out, homemade cloth masks are an imperfect but better-than-nothing option, as Live Science has reported. However, a mask is much more likely to help you avoid spreading the illness if you are sick than it is to protect you from the illness, as Live Science has also reported.
Again, if you can, stay at home.

## Coronavirus science and news

- **Coronavirus in the US: Map & cases**
- **What are the symptoms?**
- **How deadly is the new coronavirus?**
- **How long does virus last on surfaces?**
- **Is there a cure for COVID-19?**
- **How does it compare with seasonal flu?**
- **How does the coronavirus spread?**
- **Can people spread the coronavirus after they recover?**
  *Originally published on Live Science.*
- The 9 Deadliest Viruses on Earth
- 28 Devastating Infectious Diseases
- 20 of the worst epidemics and pandemics in history

Again, any ideas, please send to Debbi Abatti-Pearson at:

**debbiabattipearson@yahoo.com**