**Face Mask Guidance and Sewing Instructions**

Minnesota Homemade Mask Drive

Calling all Minnesota crafters, sewers, and creatives! We need your talents, now more than ever.

The Governor and Lieutenant Governor have launched a Homemade Mask Drive to support those working and living in congregate living facilities.

**On Saturday, April 25 from 10 a.m. to 2 p.m., Minnesotans can deliver homemade masks to their local fire station. Fire stations will then deliver the masks to local congregate living facilities for their employees and residents to wear. All 775 fire departments in the State of Minnesota will participate.**

While they don’t replace medical-grade personal protective equipment, cloth masks help keep the wearer’s germs from getting on other people, which is key to stopping the spread of COVID-19.



Guidelines on creating face masks include:

* Build a mask that tightly encloses the area around the nose and mouth, from the bridge of the nose down to the chin, and extending onto the cheek beyond the corners of the mouth, so no gaps occur when talking or moving.
* Use mask material that is tightly woven but breathable. Double-layer the fabric if possible.
	+ Masks must be made from washable material such as fabric. Choose a fabric that can handle high temperatures and bleach without shrinking or otherwise deforming.
* The mask should be tolerant of expected amounts of moisture from breathing.
* Suggested materials:
	+ Outer layer tea cloth
	+ Inner layer of a microfleece to wick away moisture
	+ Use an accordion fold to mimic a hospital mask as much as possible
	+ Use a fat woven shoelace type material to bind the sides (such as quilt binding)
	+ For straps, use elastic straps, shoelaces, or strips of fabric to loop behind the ears.

There is no standard design for a homemade facemask. Below are example design guides and patterns:

* [North Memorial: How to make a healthcare face mask](https://northmemorial.com/wp-content/uploads/2020/03/north-memorial-health-homemade-healthcare-masks.pdf)
* [Allina Health: How to make a facemask](https://www.allinahealth.org/-/media/allina-health/files/mask-sewing-how-to.pdf)
* [CDC: Use of Cloth Face Coverings to Help Slow the Spread of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)
* Video: [DIY: How to sew Face Mask](https://www.youtube.com/watch?v=xN0HH2Zb2hY)
* [New York Times: How to Sew a Fabric Face Mask](https://mn.gov/covid19/for-minnesotans/volunteer/masks.jsp)

The CDC recommends wearing cloth face coverings to protect others from COVID-19. Cloth face masks can help prevent the wearer’s germs from infecting others – especially in situations where they may spread the virus without symptoms. Cloth face masks are not a proven way to prevent COVID-19 from infecting the wearer.

# About Coronavirus Disease 2019 (COVID-19)

Updated 4/16/2020

* Download this as a printable PDF document: [About Coronavirus Disease 2019 (COVID-19) (PDF)](https://www.health.state.mn.us/diseases/coronavirus/about.pdf)

## **COVID-19 disease**

* COVID-19 is a viral respiratory illness caused by a coronavirus that has not been found in people before.
* Because this is a new virus, there are still things we do not know, such as how severe the illness can be, how well it is transmitted between people, and other features of the virus. More information will be provided when it is available.

### **Severity**

* Many cases have mild or moderate illness and do not require a clinic visit and most do not require hospitalization.
* Those at highest risk for severe illness include older people or those that have certain underlying health conditions. These include high-risk conditions like a blood disorder, chronic kidney disease, chronic liver disease, compromised immune system, late term or recent pregnancy, endocrine disorders, metabolic disorders, heart disease, lung disease, neurological conditions. Check with your health care provider to see if you are considered high risk.

## **How it spreads**

* The virus is thought to spread mainly from person-to-person through respiratory droplets produced when an infected person coughs or sneezes.
	+ It spreads between people who are in close contact with one another (within about 6 feet).
	+ These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
* It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. Washing your hands and cleaning frequently touched surfaces often is a good way to prevent you from getting COVID-19 from touching surfaces.
* Some spread might be possible before people show symptoms (when they are asymptomatic).

## **When to wear a mask**

* The federal government has issued some new guidance on the [use of cloth face coverings to help slow the spread of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html). CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies).
* Here are a few important things to keep in mind:
	+ Masks or cloth face coverings can help with preventing **your** germs from infecting others – especially in situations where you may spread the virus without symptoms.
	+ Wearing a mask **does not** protect you from others who may spread the virus. So, whether or not you wear a mask, you still need to wash your hands frequently, cover your cough, and practice social distancing by keeping at least 6 feet of space between people.
	+ People who are sick should still stay home. Wearing a mask does not mean people who are sick should go out into the community. If you are sick and need to go to the doctor, call your health care provider before going in and wear a mask to the clinic.
	+ **Don’t buy or wear surgical or N95 masks.** These supplies are in high need in health care facilities to protect health care workers.
	+ Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

## **Symptoms of COVID-19**

* People with COVID-19 have had mild to severe respiratory illness with symptoms of:
	+ fever
	+ cough
	+ shortness of breath
* Some patients have had other symptoms including muscle aches, headache, sore throat, diarrhea, or loss of taste or smell.
* These symptoms may appear 2-14 days after exposure.

## **Testing for COVID-19**

* People who do not have symptoms should not be tested for COVID-19.
* We are prioritizing testing for people who are ill and who: live or work in congregate settings (such as long-term care facilities), are at increased risk of severe disease, provide direct medical care, and provide child care.

### **Testing locations**

* Most clinics and hospitals across the state have the ability to collect samples (specimens) for lab testing.
* Call your health care provider before going to the clinic or hospital to be tested.
* MDH does not directly collect samples for testing; we receive the samples from providers and do testing in our public health laboratory.
* There are some national laboratories (called commercial reference laboratories) that can test. Your health care provider may conduct testing through these laboratories. If you are tested for COVID-19, the clinic that did your testing will get the results to you.

## **Contact with someone who has COVID-19**

* + If you are a close contact (e.g., household or intimate contact) of someone who was told by their health care provider that they have COVID-19, you should monitor your health for 14 days.
* Stay home as much as possible.
* Some people may be required to go to work.
	+ Before you go to work, please work with your supervisor or occupational health staff to arrange ways for you to check your symptoms in the morning before you go to work.
	+ If you do go to work, monitor for symptoms, wash your hands, and wipe down surfaces.
* Health care workers should check with their employee health office or supervisor. See if you can be reassigned to non-direct patient care duties. If there is a shortage of health care workers and you must work, wear a surgical mask and practice good hand hygiene. In addition, do not see patients who are at high risk for severe disease if infected.

## **How long to stay home if sick**

* If you have symptoms consistent with COVID-19 (temperature/fever of 100.4 degrees F or higher; new or increased cough; shortness of breath), you should stay home for at least 7 days, and for 3 days with no fever and improvement of respiratory symptoms—whichever is longer. (Your fever should be gone for 3 days without using fever-reducing medicine.)
* For example, if you have a fever and coughing for 4 days, you need to stay home 3 more days with no fever for a total of 7 days. Or, if you have a fever and coughing for 5 days, you need to stay home 3 more days with no fever for a total of 8 days.
* If you feel sick or have any new symptoms (sore throat, diarrhea, muscle aches, headache), you should stay home until symptoms resolve.

## **Going to the doctor**

* If you have symptoms and can manage those symptoms at home, you don't have to seek health care or be tested for COVID-19.
	+ Just stay home while you are sick.
	This prevents you from accidentally spreading COVID-19 to others who may be at higher risk for serious complications.
* If you are older or have underlying medical conditions, it may be helpful to let your health care provider know you are sick. They may have some specific advice for you.
* Some people with COVID-19 have worsened during the second week of illness.
	+ Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
	+ Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.

CDC's Coronavirus Self-Checker found at [Symptoms & Testing](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html) can help you make decisions about seeking appropriate medical care. This tool is not intended for the diagnosis or treatment of disease or other conditions, including COVID-19.

## **Treatment**

* There is no specific treatment for COVID-19. Get rest and stay hydrated.
* If your symptoms worsen to the point that you need to see a doctor, call ahead before going in.

## **More information**

Information changes quickly, so please check these websites for the latest information.

* [Minnesota Department of Health (MDH)](https://www.health.state.mn.us)
* [CDC: Coronavirus (COVID-19)](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

## **COVID-19 Hotlines:**

Interpreters available

**Health questions:**
651-201-3920 or 1-800-657-3903
7 a.m. to 7 p.m.

**Schools and child care questions:**
651-297-1304 or 1-800-657-3504
8 a.m. to 6 p.m.

# Stay Home Order

Follow the links below to view the stay home order, the order's extension, and frequently asked questions about the order.

## [**Stay Home Order**](https://mn.gov/governor/assets/3a.%20EO%2020-20%20FINAL%20SIGNED%20Filed_tcm1055-425020.pdf)

View the stay home order in PDF format.

## [**Stay Home Extension**](https://mn.gov/governor/assets/2a.%20EO%2020-33%20Final_tcm1055-427370.pdf)

View the stay home order extension in PDF format.

## [**Frequently Asked Questions**](https://mn.gov/covid19/for-minnesotans/stay-home-order/faq/index.jsp)

Frequently asked questions about Minnesota's stay home order.

# Volunteer to Help

Minnesota needs your help! Whether it's making homemade masks, volunteering for the Medical Reserve Corps, or assisting with procuring personal protective equipment (PPE), there are many ways you can contribute.

## [**Homemade Mask Drive**](https://mn.gov/covid19/for-minnesotans/volunteer/masks.jsp)

Calling all Minnesota crafters, sewers, and creatives! Learn how you can donate homemade masks.

## [**Medical Reserve Corps**](https://mnresponds.org/)

Find out how you can volunteer with the Minnesota Responds Medical Reserve Corps!

## [**Donate PPE**](https://mn.gov/mmb/ppe/donate/)

Do you work for an organization that has more than 500 pieces of extra PPE? Encourage your organization to donate it!

[**Sue Ginsburg**](https://www.linkedin.com/in/sueginsburgminneapolis/?msgConversationId=6658062912734707712&msgOverlay=true) 10:46 AM

Kris--Looking at EVFA online, I can see that the most important thing to have for being found online, online visibility and credibility, and awareness is missing for EVFA.  It's the Google My Business site, and it is GOLD to being found online and to getting Google to acknowledge you as a legit business and have you show up in searches.    I could send you articles that say this, support it, etc. if you want.  Because it lays the foundation for a businesss' online presence, and online searches are now how 90+% of businesses are being found (with no inperson meetings, google searches are up exponentially), we are about to put out an offer to get your GMB set up and optimized, and to monitor and maintain it so it remains legit in the eyes of Google and can be found.  It's a small investment with a huge ROI--$299/month to set up and maintain (including monthly reports), normally hundreds of dollars more than that.  Do you want me to send you info and supporting evidence on it?   I would never recommend something that wouldn't help you and I think that this will 100% help with your online awareness and visibility.  Lots of testimonials about driving leads and business and support.  If you want to see more about it, let me know your current email and I"ll send, and we can talk.

**Emergency: 911**

MN Elder Justice Center: 651-440-9305 (advocacy and support)
Day One Crisis Line: 1-866-223-1111 (shelter and crisis resources, advocacy and support)

Adult Protective Services – Minnesota Adult Abuse Reporting Reporting Center (MAARC): 1-844-880-1574 (to report suspected abuse, neglect or financial exploitation)

Office of the Ombudsman for Long Term Care: 1-800-657-3591 (advocacy and support for those receiving long term care services in facilities or at home)

Senior LinkAge Line: 1-800-333-2433 (general resource for older adults seeking information on a wide range of subjects)

<https://www.cdc.gov/aging/covid19-guidance.html>