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Omicron

2022 1 5 — 11
1010

587%

COVID-19

- — 65
 -
 -
 - N95
 - **Omicron**
- KN95

"Omicron ; "

Renee Price "

Quintana Stewart "

5%

11.2%

- N95 KN95 KF94

-
-

ASTM 2/3
N95/KN95

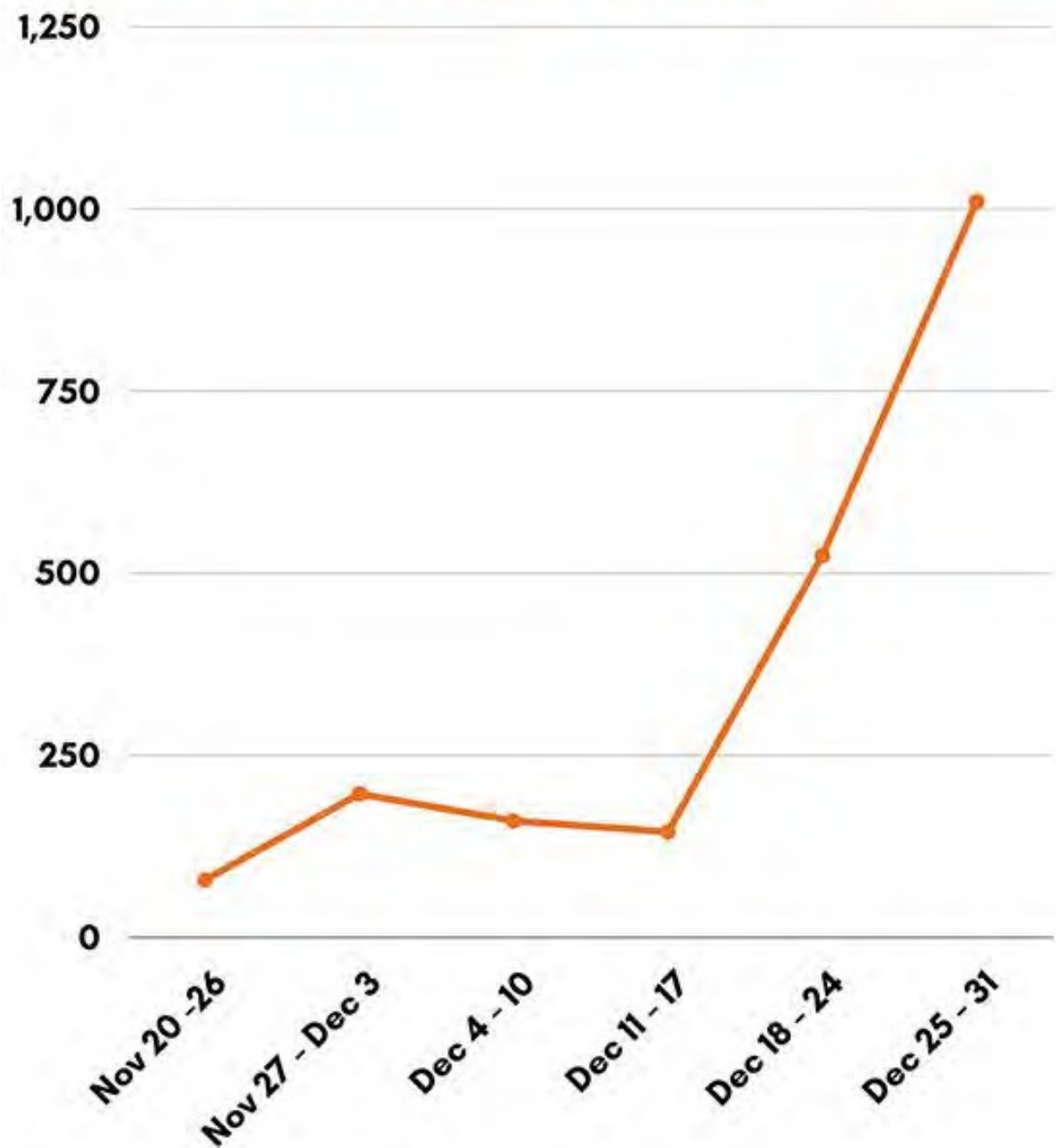
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MySpot.nc.gov

888-675-4567

Weekly COVID-19 Case Count for Orange County, North Carolina from November 20 to December 31, 2021



WEAR IT CORRECTLY

TO PROTECT YOURSELF AND OTHERS



Completely cover the nose and mouth with the face covering.

Be sure it fits snugly against the side of the face.





Nose & mouth are not covered.



Nose is not covered.



Mask is too loose.



ORANGE COUNTY HEALTH DEPARTMENT

orangecountync.gov/Masks

How effective are cloth masks?

COVID-19 is a new virus and we are still learning much about it, including the most effective ways to prevent its transmission.

There is evidence that wearing a cloth mask provides protection to both the individual wearing it as well as others around them.

MASK EFFECTIVENESS

We have learned that as many as **40% of people infected with the virus that causes COVID-19 may have no symptoms.** But when they talk, cough or sneeze, they spread the virus to others in the form of respiratory droplets.

Masks keep the droplets inside the mask, which is important due to the high number of people who are infected but don't show symptoms or their symptoms have not yet occurred.



INCREASE EFFECTIVENESS

Use multiple layers of fabric. Use fabric combinations like cotton-silk, cotton-chiffon, or cotton-flannel. High thread count fabrics are most effective.

Keep your mask clean. Wash your cloth mask after each use, or at least daily. It's best to wash in hot water, but if you can't, make sure to dry it using the hot setting of your dryer.

Test your mask fabric by holding it up to the light. If you can easily see the outline of the individual fibers, it's not going to make a great filter.



AVOID

GAPS: Your mask should fit snugly but not so tight that it impairs your breathing. The idea is to trap your droplets inside the mask and prevent them from seeping out the sides. Wear it over your nose and mouth as they produce the droplets.

VALVES, BANDANAS AND GAITERS: Do not use masks with exhalation valves. The valve releases your droplets into the air, so it does not protect others if you're contagious. Both bandanas and gaiters break up the particles and allow them to slip out the sides.



Children under 2, anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the masks without help should **NOT** use cloth face coverings.

Remember, face coverings should cover both the nose and mouth and fit snugly but comfortably against the sides of the face.



ORANGE COUNTY HEALTH DEPARTMENT

www.orangecountync.gov/Masks

戴 口 罩 吗

Should I double mask?



COVID-19 spreads primarily from person to person through respiratory droplets that spread into the air when you cough, sneeze, talk, shout, or sing. Cloth masks reduce the spray of droplets when worn over the nose and mouth.

INCREASE EFFECTIVENESS

Use multiple layers of fabric or double mask. Use fabric combinations like cotton-silk, cotton-chiffon, or cotton-flannel. High thread count fabrics are most effective. Wearing two masks can increase effectiveness. Wearing a cloth mask on top of a surgical mask mimics the filter-cloth combo found to be more protective in studies. The surgical mask acts as a filter and the cloth mask provides an additional layer of protection while improving the fit.

Keep your mask clean. Wash your cloth mask whenever it gets dirty or at least daily. Include your mask with your regular laundry. Use regular laundry detergent and the appropriate settings according to the fabric label.



MASK EFFECTIVENESS

Many people infected with the COVID-19 virus never develop symptoms, but they may still transmit the disease. Others who become sick can transmit the disease before any symptoms begin.

Masks are proven effective at protecting both the wearer and everyone around them. Combined with social distancing, masks offer the most effective method at slowing the spread.



AVOID

GAPS: Your mask should fit snugly but not so tight that it impairs your breathing. The idea is to trap your droplets inside the mask and to not let them seep out the sides of the mask. This is why it is so important to wear it over your nose and mouth as they produce the droplets.

VALVES: Do not use masks with exhalation valves. The valve makes it easier to breathe out, but it also releases your droplets into the air, so it doesn't protect others if you're contagious. Protecting others is the primary reason to wear a mask.



Children under 2, anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the masks without help should **NOT** use cloth face coverings. **Remember, face coverings should cover both the nose and mouth and fit snugly but comfortably against the sides of the face.**

Test your mask fabric by holding it up to the light. If you can easily see the outline of the individual fibers, it's not going to make a great filter.



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