

### 3. QUESTIONS AND ANSWERS

#### Face Mask

1. With all the various Face Masks on the market, which *particular* Mask, or Mask qualities should I look for before I buy?
  - This is a very good question, one that has gone unanswered by every Government Agency that has written about mitigating the COVID-19 virus. The answer is to look for a Mask made out of either paper or cloth (or a combination of the two), either single or multi-ply, that has a rating of capturing a minimum of 95% of airborne particles of 3 micron or smaller. To place this in perspective, though various sources differ somewhat in specifying the precise diameter of a COVID-19 virus cell <sup>5</sup>, an airborne droplet of moisture that may contain COVID-19 virus cells measures about 3 microns in diameter. A Mask with a pore space of 3 micron *or less* means that the Mask's filter material will prevent 95% of particles of this diameter, or *larger*, from penetrating through it. In practice the vast majority of airborne COVID-19 bearing moisture particles will be much larger in diameter than 3 micron. Other less stringent Mask materials will also provide good protection but at a slightly greater chance of filtration medium penetration. Since the science of particle capture by filtration is probability-driven, there is no one filter medium that absolutely guarantees 100% particle capture of every size and shape of every airborne object at all times under every possible set of conditions.
2. I've looked all over and I cannot find any Face Masks to wear, what do I do?
  - You have several options, all of which are to make your own Mask. This is not as difficult as you might expect and if you search the Internet you will find companies that sell 3 micron 95% capture material with rubber (or cloth) ear/head bands, with instructions how to cut and make your own personalized Mask <sup>6</sup>. However, if you are indeed 'stuck', in an emergency, you can use a common coffee filter taped *over* an existing damaged Mask, and this will offer some good filtration protection until you have the opportunity to acquire a replacement Mask. The average coffee filter, depending upon manufacturer, has a pore size of between 10 and 20 microns.
3. How do I ensure that I get the absolute best airtight seal around the perimeter of my Face Mask?
  - Men should always have their faces completely clean shaven at all times. In this way there will not be any minute paths for air to enter/exit the Mask perimeter. Women should avoid wearing

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<sup>5</sup> The most reliable scientific sources specify an average COVID-19 cell diameter of .17 micron.

<sup>6</sup> The New York Times published a summary set of Mask making instructions on April 12, 2020.



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excessive makeup and/or skin moisturizer, as in time, the skin will perspire and the Mask may begin to move and create gaps in its seal. Finally, as stated in the main text, it is imperative that the Mask's nose bridge aluminum band is pressed onto your nose snugly to ensure that the top of the Mask is sealed tightly, and the Mask's covers the bottom of your chin.

### Eating, Drinking and Eating Utensil Protocols

1. I'm concerned about how to protect my family and myself if we were to go out and have a meal. How can we best protect ourselves if our Masks are off while we eat?
  - Immediately before you begin your meal, remove your Face Mask and place it within its own dedicated zip lock bag. Never share bags, nor exchange your Face Mask bag with anything or with anyone else.
  - Cover your food plate and cup/glass with liquid in it with dedicated napkins or tissues so that no airborne particles or atomized fluids will land in your food or drink. Cover everything including your unused utensils as they sit on your napkin. Stay clear of every other table with patrons by at least 10 linear feet <sup>7</sup>, and never sit beneath a ceiling A/C vent as dust and airborne fluid droplets can be discharged through in the duct's register.
  - Never use any drive through food preparation service because you can never be certain that everyone who handles your food and beverage(s) is 1) COVID-19 immune, 2) COVID-19 free, or 3) absolutely protected against passing COVID to you by wearing the proper PPE (have you ever seen a fast food worker wear a new pair of vinyl/nitrile gloves or a Face Mask? Neither have we.). As this paper mentioned several times, if you are not absolutely certain that any object (including food/drink) is COVID free, then you must assume that it all is contaminated and is to be treated as such.
  - Do not share in the use of any eating utensils or straws between you and any family member as you too may be in the early stages of a COVID infection and not know it, yet still pass the disease to an unsuspecting family member.
  - Immediately after completing your meal don your Face Mask. Then assist each of your children (if they are accompanying you) to don theirs.

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<sup>7</sup> We strongly suggest maintaining a separation distance of at least 20 feet from anyone coughing or sneezing, as it has been shown that a forceful sneeze or cough can eject nasal/oral fluid droplets for this distance, in some cases, even farther.



### Cell Phone, Jewelry and Cash Money Protocols

1. When I'm out and in my PPE what do I do with my cell phone?
  - Your cell phone should be placed within its own dedicated zip lock baggie placed in a pocket on the dominant hand side of your clothing. Never place the phone in a hip/rear pocket as you might lean or sit down and crack its screen or frame. Due to the limited number of available pockets on your clothing you may have to 'double up' and share a pocket with some other item. If so, select the pocket easily available and with contents that are soft that will not pose a harm to your phone.
2. What do I do with cash that I need to take with me, or the cash that I might receive as change from a purchase, either in bill form or metal change?
  - You have two options. The cash you take with you should be bills only and should be decontaminated before you place them on your person. After you are assured that they are clean, you can place them in either your wrist wallet or your Credit Card/ID wallet. Because the wallets are clean, as is your money, you do not have to be concerned that you are placing yourself at COVID-19 risk in paying for your purchase(s) because you will be withdrawing your money with a clean gloved hand and your money has been verified beforehand as being 'clean'.
  - The second option is relevant only to the cash that you receive as change after you make a purchase. Always assume that all cash you receive from anyone is contaminated and should be handled as such. In such an instance, prior to accepting your change withdraw a clean Vegetable Bag from your non-dominant side hip pocket, open it and ask the clerk or attendant to place your money (and receipt – you must consider it to be contaminated as well) in the bag. Then using a rubber band from around your wrist, remove one and wrap it around the neck of the Grocery bag, 'burp' the bag to remove entrapped air then place the bag back into your hip pocket. At this point you will have potentially contaminated cash contained within a sealed but externally clean hermetic bag that upon your return home you can remove and decontaminate.

### Jewelry, Watches and Necklace Protocols

1. Am I placing my Grandmother's expensive heirloom platinum necklace and valuable anniversary watch at risk if I wear them when I go out?



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- Absolutely! Never, ever wear anything in a potentially contaminated environment that you cannot afford to permanently lose <sup>8</sup>. This means that you should never wear any earrings, necklaces, (which may droop into a contaminated area or be contaminated by an infected store employee), or any timepiece of value. We recommend that if you need a wristwatch, purchase one of your liking from the Dollar Store™. You may opt to wear your wedding ring, but only if any stones in the settings cannot protrude into or through your Outer Gloves (Item #6 in Figure #3). One of the reasons we suggest wearing cotton Inner Gloves (Item #7 in Figure #3) is that in addition to absorbing perspiration, they act as an internal sharp edge buffer and protect your Outer Gloves from being penetrated from the *inside out*. Keep your valuables at home where they belong, and enjoy them upon your return.
2. Because of all of the items I need when I go out, I'd like to take my expensive handbag with me. My husband loves his designer wallet. Can't we just take them with us, minimally so we can put some of our purchases in them?
- If you value your handbag, leave it in your closet. The same can be said for your husband and his designer wallet. Remember, while shopping you will likely have to set personal items down in a shopping cart, on a shelf, a counter, a checkout pad, even the floor. None of said places can even be considered remotely 'clean' or immune from COVID-19 contamination, not even the pharmacist's counter! So, as stated in the previous question's reply, if you care at all for the items you mentioned, leave them at home, otherwise you risk them becoming contaminated. Expensive tanned leather cannot be easily decontaminated from liquid absorption because the liquid becomes embedded into the object's fibers, meaning that if contaminated, the leather will never be able to be decontaminated within any reasonable timeframe, or with any easily obtainable or completely safe cleaning fluid.
  - When you shop, it is always advisable to take your own collapsible shopping bags with you. Minimally, you will know for certain that they are COVID free when you depart your home, and with practice they may be easily wiped clean and decontaminated upon your return (particularly their exteriors and especially their bottoms). But in saying so, remember that every item you purchase comes with the risk of it being contaminated as well. So, everything in your shopping bags will need to be decontaminated individually, prior to their being placed indoors, on your counters, shelves or in your pantry.

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<sup>8</sup> There are countless watches, rings, necklaces and other 'valuables' encapsulated in nuclear grade concrete entombed in various Radiologically Secure Casks, of which the wearers thought little when they decided to ignore the directions given to



## House and Car Keys

1. How do I protect my house and car keys from being contaminated but still have them easily available (and safely stored) when I shop?
  - Minimize the number of keys to those you *absolutely* need and clip them to a carabiner; tie a short lanyard (a short string, metal chain or leather extension) onto the non-hinged portion of the carabiner. Tie the lanyard onto your belt or your belt loop. When placed on your person, ensure that your keys are further protected by placing them into your pants pocket. When needed, pull out your keys with a clean Gloved hand, use the key needed (unclip your car key from the carabiner) and when finished ensure all of your keys are attached to the carabiner and replace them into your pocket – all will remain uncontaminated and will not need to be decontaminated after use.

This paper was specifically written to commemorate of the 50<sup>th</sup> Anniversary of Earth Day. We have but one miraculous planet that exists nowhere else in the Universe. Earth abounds with spectacular vistas and wildlife, which we all are obligated to cherish and protect. Let us all commit to doing so now and in perpetuity, not only for ourselves but for all species and future generations to come.



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them by the Health Physicist the day they entered the contaminated zone at their Nuke Plant. Live and Learn!

