



ARKANSAS ARTS & FASHION FORUM

Mask Zoom Meeting Notes- 5.8.20

1. Introduce Robin & Rachel
2. Brief AAFF Overview
 - a. Mission
 - b. How We Got Involved in Masks
 - c. Thank you to:
 - i. Urban Manufacturing Alliance
 - ii. Tyson Family Foundation
 - iii. Michaels Stores
 - iv. Joel Gordon
 - v. Ray Taylor & NWACC
 - vi. 1836 Ink
 - vii. Washarama
 - viii. Walmart Distribution Center 6094
 - ix. Over 100 volunteers
 - x. Our In-Office Sewing Team
 - d. **5486** Masks Donated to **61** hospitals, clinics, assisted living facilities, and essential employees since March 20, 2020
3. Why Masks Are Important
 - a. First, social distancing is still the most important protective measure you can take, per the CDC
 - b. Slows the spread of the virus from individuals who are asymptomatic or pre-symptomatic, specifically their aerosols (microscopic droplets floating in the air) and respiratory droplets (from coughs and sneezes) that are heavy enough to land on surfaces where the germs can live for anywhere from just a few hours to over two weeks (depending on the material)
 - i. Masks do not filter out tiny particles, instead they are designed to contain respiratory droplets
 - ii. They also help prevent you from touching your face
 1. A 2015 study involving medical students found on average, study participants touched their face 23 times per hour. Of all face touches, 15% involved the mouth, 13.6% involved the nose, 11.6% (273) involved the eyes, and 2.6% were a combination of these regions.
 - a. Link to Study:
<https://www.ncbi.nlm.nih.gov/pubmed/25637115>
 2. A 2008 study found that participants touched their faces 15.7 times per hour- that is every 3-4 minutes!
 - a. Link to Study:
<https://www.ncbi.nlm.nih.gov/pubmed/18357546>
 - c. The CDC is currently recommends wearing cloth face coverings in public settings where social distancing may be difficult (grocery store)



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- i. Also, Governor Asa Hutchinson and Dr. Nathaniel Smith, MD, MPH, Secretary of Health advice that when restaurants begin reopening their dining rooms on May 11th:
 1. All staff who come in contact with patrons must wear a face mask that completely covers their nose and mouth.
 2. Staff in the back are encouraged to wear a face mask.
 3. Patrons must wear a face covering upon entrance and while in the restaurant until the food or drink is served.
 - ii. Barbers, stylists, and employees of cosmetology establishments must wear a face covering at all times, cloth face coverings are acceptable
 - iii. Gym staff are required to wear masks at all times with patrons wearing face masks except when actively exercising.
 - iv. There are only two groups in recent directives that do not need masks, which are children under 10 years of age and performers/ players/ contestants at Large Outdoor Venues that are at least 12 ft from each other and from the audience.
 - d. DO NOT WEAR A MASK IF YOU ARE UNDER 2, HAVE TROUBLE BREATHING, OR NEED ASSISTANCE TO HELP YOU REMOVE YOUR MASK.
 4. How to Wear a Cloth Face Covering
 - a. Cloth face coverings should—
 - i. fit snugly but comfortably against the side of the face
 - ii. be secured with ties or ear loops
 - iii. include multiple layers of fabric
 - iv. allow for breathing without restriction
 - v. be able to be laundered and machine dried without damage or change to shape
 - vi. Cover the nose and mouth and the bottom goes under your chin
 - vii. If wearing a pleated mask, the pleats should go down
 - viii. Make Sure you always put it on the same way between washes
 - ix. Do NOT pull the mask down-Adjustments should be made using the ties or cord at the neck or on top of the head.
 - x. Avoid touching your face even when the mask is in place.
 - xi. Every time you do touch the mask for any reason, wash your hands before/after touching the mask.
 1. **Anytime you adjust the fit of your mask, you're touching your face**
 - b. How to Clean Masks
 - i. They should be washed after each use
 - ii. They should be washed in a washing machine
 - iii. Dry completely before rewearing
 - c. How to Remove Mask
 - i. Don't touch your eyes, nose or mouth when removing
 - ii. Wash your hands after taking it off
 5. Acquiring Masks



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- a. <https://aaff-masks.square.site/>
- b. Etsy
- c. DIY
 - i. <http://www.arkansasfashion.org/masks/>
 - 1. Contoured
 - 2. Pleated
 - ii. CDC has 3 versions available at:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
 - 1. Sewn pleated
 - 2. No-sew quick cut from a t-shirt
 - 3. No-sew bandana covering

ADH Face Covering Flyer:

https://www.healthy.arkansas.gov/images/uploads/pdf/Face_covering.pdf

Live Updated Map

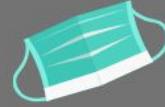
<https://adem.maps.arcgis.com/apps/opsdashboard/index.html#/f533ac8a8b6040e5896b05b47b17a647>



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Mask Wearing 101

MASK WEARING 101



1. Wash hands well first.
2. Loop around ears (or tie behind the head- depends on style)
3. Pull material below chin and ABOVE nose (to bridge area)
4. Pinch metal wire to seal around the bridge of the nose if applicable.
5. THIS STEP IS CRITICAL- **DON'T TOUCH YOUR MASK ONCE IT'S ON...at all!**
6. Wash your hands
7. Remove your mask (dispose or put straight into washing machine or plastic bag if you are not at your washing machine)
8. Wash hands again!
9. Wash your mask each time you wear it. Place a clean or new filter in each time you wear it.

Would you like to participate in our MASK Making Challenge? If so, go to:
www.arkansasfashion.org/masks



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