

## **Appropriate procedures for wearing and handling a mask**

People have not been trained to operate in a biological contamination environment. The mask is supposed to prevent viruses and other contaminants from coming through the mask. They don't repeal the virus, if the mask is doing its job, the outside will consist of contaminants. By putting a mask inside a purse or something similar you have now spread the contaminants to everything inside of it.

While shopping, you touch and handle a number of items and you have no idea what might be contaminated. When a person touched the inside of their mask, everything they touch will now be inside the mask and you will breathe it directly over and over. Without wearing a mask and passing contaminants you will only be exposed for a short period of time.

When we are trained to operate in a biological environment, we use the buddy system because it's hard to take your mask on and off without touching your face. It takes constant training to do this properly. Once the mask has been used it must be discarded. In the military when we are wearing a complete Chem/Bio suit it is discarded if you were exposed to contaminants. We used test paper wiping in on the suit to determine if there contaminants. There is no test like that so you must assume that your mask has been exposed to contaminants and discarded. Putting it in your purse is the worst thing you can do. Your mask is a moist area put into a dark place, it's in a perfect environment for all kinds of things to grow.

You must know the procedures are practice how you will put your mask on and off without contaminating yourself. It's ludicrous to expect small children to be able to wear a mask and not contaminate themselves. Adults in the military after going through extensive training make mistakes with their gear. You can't expect a three-year-old to be able to wear a mask properly and any doctor that recommends that should be crossed off your list to get advice on Covid.

A couple (observed at Costco that was eating) that were wearing an M-95 masks, after removing them by not washing their hands are now putting whatever was on the outside of their masks into their mouths as they hold the hot dog in the mouths.

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