

MAKING MASKS FOR YOUR COMMUNITY

Community service is work done by a person or group of people that benefits others. Community service can help any group of people in need and it is often organized through a group within the community.

Remember that one of the H's of 4-H is for hands and in the pledge it says "I pledge my hands to larger service". One of these needs during the Coronavirus pandemic is making masks. Below are some steps to follow:

- Connect with your County Agent to make plans
- Work with the office to determine who and where the needs are for masks
- Determine how to gather resources for making masks
- Determine how delivery of completed masks will take place
 - Keep in mind social distancing
- How do we measure the reach and impact of the project? Record efforts using the QR Code below.



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Does wearing a mask protect you from airborne viruses?

For many years, scientists were not sure whether wearing a mask was effective at preventing the spread of viruses. However, recent studies suggest they can help limit spreading airborne viruses when people exhale small droplets of water containing the virus. Overall, researchers found masks led to more than a threefold reduction in how much virus people spray into the air by coughing, sneezing, and talking. For example, studies show that flu rates, also an airborne virus, are lower when masks were paired with proper hand hygiene. In addition to wearing a mask for protection from airborne viruses, regular handwashing remains an essential tool in preventing the spread of viruses (2020, www.healthline.com).



Colorado Mask Project

If you are making masks or are providing input to groups that are making them:

- We follow State of Colorado guidelines
- Determine your best contact with the local hospital or public health office to distribute all of the masks
- **Please include the following on a slip of paper with every mask you make:**

This complimentary mask was made by hand by Colorado State University students and employees. This mask should be worn for personal, non-medical use only. This mask has not been tested nor certified for disease prevention or medical use and is not a respirator.

How to make a mask:

For a proper mask, please adhere to these guidelines. This link will take you through the steps of choosing the correct material, making a mask, and making sure your mask fits correctly.

There are sewn and no-sew options for the masks.

Please be safe and use proper precautions. Masks and hand-washing can go a long way.



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