

## COVID-19 Protection

- Are you elderly?<sup>(1)</sup>
- Do you have an immune deficiency?
- Are you somehow otherwise compromised so that you are highly susceptible to viruses?

If so, please be aware that when it comes to face masks, only the N95<sup>(2)</sup> type mask can protect you from viruses such as COVID-19.\* And even when it is form-fitted to your face and air cannot get around it, it is still only about 95% effective. If the mask is not sealed to your face, and air can get around it anywhere, it loses all effectiveness.

\*Not including respirators and other high-end wearable air filtration systems.

According to the CDC (Centers for Disease Control), of the 45 million people who got sick from the influenza virus during the 2017-2018 flu season, only between 291,000 and 646,000 people died, which is average for influenza virus deaths from year to year.

<https://www.cdc.gov/flu/about/burden-averted/2017-2018.htm>

<https://www.cdc.gov/media/releases/2017/p1213-flu-death-estimate.html>

COVID-19 is a virus. You protect yourself from it the same way you protect yourself from any other virus.

Those blue surgical masks and those white medical masks do not stop viruses. Nor do masks with multiple layers of fabric. Of course bandannas and other similar cloths are just as ineffective.

Viruses are extremely small. They will go through those masks as easily as the wind will blow a mosquito through a chain link fence. Or multiple layers of a chain link fence. So please don't trust your life to those masks if you have a compromised immune system!

As for the 6 feet of separation rule that is commonly enforced today, please do not think that it is effective at stopping virus infection either. We have all seen dust floating in the air in a beam of sunlight coming through a window. Viruses are MUCH smaller than dust, so they can float even easier than dust and for longer periods of time.

Walking more than 6 feet (or even 100 feet) behind someone else down an aisle in a grocery store does not keep you away from viruses if the person in front of you has that dry cough from COVID-19.

Viruses have always been life threatening to the elderly and the compromised. It is no different with COVID-19. So please take special care if you are up there in years or have underlying conditions.

You may also wish to do a web search for "Adverse effects of prolonged mask use" and inform yourself of those dangers.

(1) <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

(2) [https://www.cdc.gov/niosh/npptl/topics/respirators/disp\\_part/n95list1.html](https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/n95list1.html)