

## Starlings Emergency Face Mask.

WARNING DISCLAIMER: Although the use of this mask is specifically designed to help limit the wearer from spreading airborne virus particles – it does not guarantee you from contracting the virus. Our Make a 1000 Face Masks campaign was to meet the emergency needs in our community for shortages of PPE masks for non-medical key workers. All wearers do so with the understanding they do so at their own risk and all organisations must make their own clinical judgements as to the use of these masks. **It is not intended to replace good personal hygiene of washing hands and observing social distances. Do not be lulled into a false sense of security by wearing these masks.** Always wash your hands before and after putting on and taking off the mask.



### Instructions on how to put on the mask:

Before USE – WASH MASK AT 60+ Degrees Cotton wash. DO NOT PUT THE FILTERS IN THE WASH. WASH HANDS BEFORE USE.

1. Insert the filter into the side pocket at the rear of the mask. Make sure that the filter sits over the nose and mouth.
2. Put elastic ear loops around the ears. These elastic loops can be untied and adjusted to suit your face/head size. You can use different elastic lengths or other ties to suit your head and face – just replace elastic and thread new ties through the ear loop channels. You can custom make your own ties to suit your head. Ties around the top of head and bottom of head creates the best seal around your face.
3. Locate the nose bridge wire at the top of the mask and press it with your fingers using both hands to make a tight seal so that it fits snugly around the contours of your nose and cheeks.
4. Adjust ties or elastic for a good seal and comfort.

**Improving the seal: WE STRONGLY ADVISE IN THIS CURRENT CORONA VIRUS PANDEMIC THAT YOU DO THIS STEP TO IMPROVE THE SEAL OF THE MASK.** A US research hospital in Iowa have made this particular modification to this mask using 0.3 micron filter media to make it pass their OSHA N95 grade mask fit-test. Note: any facial hair should be groomed to make this effective.

1. Buy doubled sided SKIN tape (medical grade). Available from most chemists like Boots, Superdrug or other online retailers – also known as Fashion Tape, Body tape, Wig tape.
2. Once the filter is in place in the mask pocket. Cut out 4 strips of double sided tape and stick the tape onto the back fabric over the nose bridge and follow it round the edge of the filter so that it is taped on all 4 sides. You should have now an area when sealed to your face where you breathe in and out via the filter.
3. Peel of the backing off it and stick it comfortably in the middle of your face with the filter over the nose and mouth airways. Adjust the nose bridge and then lastly the elastic/ties. Be careful when you peel it off - it is extremely sticky.
4. Please do not do this if you have skin allergies to these tapes or you find it difficult to breathe. Check the labels.

## Removing the face mask.

**IMPORTANT - WASH YOUR HANDS before taking off the mask.** There is a danger over the course of the day's use that the mask may be contaminated with harmful particles. For larger organisations it may be advisable to have a policy in place for infection control OR consider issues of cross contamination. The fact that these masks are reusable will merit that you need to consider this if you are handling many masks for your staff. We only give this information out as advisory – you must make your own clinical judgements.

1. Carefully untie the ties from ears or back of head or ears or pull over the ties over your head. If you are using body tape then the mask would naturally still be stuck to your face. Holding the top corner of the mask peel off the mask and try to avoid touching as many parts of the surface of the mask as possible. Hold one side while you peel off the other side. **Be careful not to get the outside of the mask to touch any part of your eyes, mouth or nose.**
2. Take out the filter. If you have a method of sterilization, whether UV or use 70+% proof alcohol then we advise you do this. However research have shown that using alcohol on filter media does reduce its efficiency by 20-30%. Comparative studies of other Corona virus show it does not survive for more than 12 hours on porous dry fabric/filter. The latest study (15/04/2020) on the Corona Covid-19 virus on surfaces showed that it can survive on cardboard/paper for up to 24 hours. So we suggest leaving the filters in a brown paper bag for 24 hours in a dry safe place is a good way to sterilize it. **If you are ever in doubt then we would advise you to dispose of the filter and use a new one.**
3. The filter is recommended to be use for up to 72 hrs but studies have shown that they can last up to 10-20 days. Over any long period of time it will be clogged with dirt and other dust particles and you may find it harder to breathe. Warning we do not recommend you clean it or put it through a cool wash as it will deteriorate the filter media and make it harder for you to breath. Check regularly the condition of the filter before use. There should be no tears or visible damage to the main section of the filter.
4. Peel of the double sided tape if it is attached to the fabric and then put the cotton mask in the wash at a high temperature wash - 60 degrees Celsius or more.

## **AFTER HANDLING THE MASK YOUR MUST WASH YOUR HANDS!!!!**

### Replacing filters/Washing:

The outer cotton mask is designed to be washed and are made of 100% cotton and can be washed at a high temperature. We recommend you wash before use. For personal hygiene we recommend you wash your hand before and after you use these masks.

We recommend that you take out the filter, by sliding it out from the pocket, leave it in a dry place (sealed paper bag) overnight or replace it with a new one as clinically required. Our own personal guidelines suggest once a week for irregular use or every 3 days if used under a heavy use.

Replaceable PM2.5 face mask filters are available online but supply can be unreliable.

Please watch our instructional videos on how to use this mask [https://youtu.be/QGj0a6C9\\_tY](https://youtu.be/QGj0a6C9_tY)  
And Sterilizing filters and good practices: <https://www.youtube.com/watch?v=gFJuzQKk5IU>

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