



TOWN OF MEDFIELD

Office of

BOARD OF HEALTH

TOWN HOUSE, 459 MAIN STREET
MEDFIELD, MASSACHUSETTS 02052-0315

To: Dr. Jeffrey Marsden
Superintendent of Schools

From: Carol Read, Chair
Melissa Coughlin
Holly Rand
Steve Resch

Date: August 25, 2020

RE: Policy on Types of Masks

The Medfield Board of Health presents recommendations for face masks to help prevent and mitigate the spread of COVID-19 within the school systems and the community. There are a wide range of masks and face coverings available for purchase; the purpose of this memo is to offer guidance for the best selections and proper use.

Mask construction:

1. Masks must be fitted properly; snugly covering the mouth and nose.
2. Masks should have multiple layers, 3 is ideal, with a tight weave fabric.
3. Fabrics such as polypropylene, cotton (knit), and polyester (knit) are preferable.
4. PM2.5 filter inserts add an additional layer of protection within the pocket of the mask.
5. Do not use masks that have "air vents" built into them; they are designed to protect the wearer not the people around them.
6. Due to the variability in materials and snugness neck gaiters and bandanas are not recommended for use inside.

Proper use and care:

1. Cloth masks should be washed frequently i.e. after one day of use.
2. Wash and/or sanitize hands after putting on and taking off the masks.
3. Verify mask is tight-fitting: *When wearing the mask and breathing out hard, you should feel your breath on your cheeks and ears, not your eyes.*
4. Masks must always be worn over both the nose and the mouth.
5. Do not remove the mask to speak