A MASK IS MUST

by:
Bessie G. Aroban

Our world is fighting with the pandemic COVID-19 since it was first reported in Dec2019 in Wuhan. It spreads all over the world with more than 12.5 million people affected by this disease and more than 6.89 million people recovered from that disease and 560 thousand people died because of COVID-19.

The transmission of a novel coronavirus from the infected person to the other person through droplets expelled from the mouth and nose when the infected person coughs or sneeze. These droplets are heavy so it doesn’t travel a longer distance. These droplets can land on objects and surfaces around the person such as tables, doorknobs and handrails. People can become infected by touching these objects or surfaces, then touching their eyes, nose or mouth. This method of transmission is avoided by practising Hand hygiene such as washing hands with soap and water and using alcohol-based hand sanitizer.

Coronavirus is known for affecting the respiratory system so it is easy for the virus to attack the respiratory tract if you breathe the droplets from the infected person. It would be the major transmission the only way to avoid is using the face mask lets see how it will help to stop the spread.

There are three types of masks are used

• N95 Respirator
• Surgical Mask
• Cloth Mask
An N95 respirator is used mainly by the doctors, health worker who are treating the infected patients if you understand how N95 respirator works, it will easy to understand how other types of masks works and why it is important to wear the mask.

The number 95 in N95 respirator denotes it filters about 95% of the particles. N95 respirator has the series layers of closely knitted fibres, the gaps between the fibres are very small so that it can filter the small and large particles. If the virus touches that fibre it will stick to it there is nothing special in the fibres, the viruses are too small so the attractive force between is molecules are strong enough to hold the viruses in place. Always more than one layer is effective, N95 has many layers of fibres which catch the viruses moves in the straight or zig-zag pattern. The last layer of the mask has an electrostatically charged fibres so it will the attract the viruses which escape from the previous layer like a magnet which makes the mask very effective in preventing the viruses entering into our respiratory track via mouth or nose. N95 masks are one time useable if you wash or sterilize not properly it will lose the electrostatic charge.

A surgical mask is a loose-fitting disposable mask that protects the wearer's nose and mouth from contact with droplets, splashes and sprays that may contain viruses. A surgical mask also filters out large particles in the air. Surgical masks may protect others by reducing exposure to the saliva and respiratory secretions of the mask wearer.

Cloth mask is a reusable and easily available mask which uses multiple layers of cloth. Cloth mask fills the gap where there is a shortage of supply of both N95 and surgical mask it may not be effective as N95 but still it reduces the risk of exposure.

Still the vaccine or medicine for the coronavirus not yet found the only way to prevent is perform the hand hygiene frequently and wear a mask while going outside.
References:


https://www.webmd.com/lung/coronavirus-transmission-overview#1