

Mask Guidance





Information compiled by Laura Sam for Women's Voices Chorus

CDC Recommends (6/29/21):

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

How to Select

When selecting a mask, there are many choices. Here are some do's and don'ts.

DO choose masks that	DO NOT choose masks that
 <p>Have two or more layers of washable, breathable fabric.</p>	 <p>Are made of fabric that makes it hard to breathe, for example, vinyl.</p>
 <p>Completely cover your nose and mouth.</p>	 <p>Have exhalation valves or vents which allow virus particles to escape.</p>
 <p>Fit snugly against the sides of your face and don't have gaps.</p>	 <p>Are prioritized for healthcare workers, including N95 respirators.</p>
 <p>Have a nose wire to prevent air from leaking out of the top of the mask.</p>	

I have many masks that I made that meet the CDC recommendations. I think the key take-away points are that:

- Your mask is well-fitted – no gaps at the sides and/or bottom and your mask does not slip down off your nose when you speak or sing (shapeable wire at the top of your mask is very helpful).
- Your mask is multi-layered – constructed of tightly woven 2-ply fabric – filter inserts are also helpful.
- Your mask leaves room for you to open your mouth – dropping your chin seems to be a big challenge with some masks.
- Your mask does not suck into your mouth when you inhale – a common challenge when singing with masks.

Colorado State University Aerosols Study compared:

- 2-ply cloth mask materials: <https://jv.colostate.edu/masktesting/>
- Bandana, neck gaiter, and silk materials: <https://jv.colostate.edu/masktesting/>
- Different filter media: <https://jv.colostate.edu/masktesting/>
- Singers masks (4 examples): <https://jv.colostate.edu/masktesting/>

At Governor's School, we used the Noteable masks, but I would not recommend them as a top choice for WVC. The bottoms are OPEN, and my concern is that they would not offer adequate protection unless other strict COVID mitigation protocols were in place – which we had at Governor's School.

I ordered one of each of these masks to try out for myself (they have not yet arrived):

Resonance Singer's Mask: \$29.95 + \$4.45 shipping = \$34.40

<https://www.mymusicfolders.com/product/resonance-singers-mask-with-disposable-biofilters/>

NATS Vocal Performance Mask: \$12.95 + \$.81 shipping = \$13.76

<https://stores.inksoft.com/nats/shop/home>