

COVID-19 EMAIL NEWS UPDATES

March 26, 2020

N95 RESPIRATORY FACE MASKS

Question:

Are ALL of the respiratory face masks being sold on the internet the same N95 models?

Answer:

- All Respiratory Face Masks will stop >95% of viral particles..
- The code variation of the names/numbers listed on the packaging are based on the country location of the manufacturer.
- The following masks are all **N95 equivalent** and are the same. They are as follows:
 - N95 USA
 - KN95 China
 - KF95 Korea
 - FFP2 EU (European Union) & UK (United Kingdom)
- They ALL filter out particles > **0.03 microns**
- The virus causing the COVID-19 pandemic is **0.125 microns - 4x larger**

Just to Review the Basics:

- The Disease: **COVID-19** (CoronaVirus Disease-2019)
- The Virus (which causes the disease): **SARS-2-CoV**
- The Virion: The active, infectious form of the virus that is communicable
- The Particle Size of the Virion: **0.125 microns**
- Therefore: The Virion is roughly **4X larger** than the minimal filter size of the “95” masks

NOTE:

I purchased our masks through the following **web link**. I received them as represented and they arrived sooner than originally indicated:

<https://www.dhgate.com/wholesale/search.do?act=search&sus=1&searchkey=n95+mask&catalog=#hpsearch1806>

My Personal Routine when necessary to leave home:

- I have a table in the garage for our masks, gloves, disinfectant cloths and a trash bag
- **Upon Leaving:**
 - I wear a N95 mask (this also helps in case I forget & touch my face)
 - I wear disposable gloves
 - I carry disinfectant wipes

- **Upon Returning Home:**
 - I *discard the gloves* into the trash bag
 - I *remove my mask* (which I am currently keeping, **unless** I believe I was possibly exposed to someone who had coughed or sneezed)
 - I *wipe off* all purchases with a disinfectant cloth and then discard into the trash bag
 - THEN: I carry my purchases into the house **AND** *wash* my hands with soap & water

- **My Challenge:** Trying to remain *mindful and aware* at all times, whenever I leave home

BE SAFE & BE MINDFUL!

Gordon Gunn, M.D.