

INSIGHT

WTC COMMUNITY WEEKLY



A year after Indonesia announced its first Covid-19 cases, we take a look at the current double-masking trend...

Another Layer of Protection?

Last month, America's Centers for Disease Control (CDC) updated its guidance on effective masks, which now includes the recommendation to 'add layers of material to a mask'. The agency suggests either using a cloth mask with multiple layers of fabric or wearing a disposable mask underneath the cloth mask.

Although experts have encouraged upgrading masks, doubling up is not the only way to improve fit and protection. People should first focus on mask quality rather than how many is worn. The CDC report noted potential downsides to double-masking, including that it might impede breathing or obstruct peripheral vision for some wearers.

But for people who want to double-mask, there are two simple fixes that may improve comfort without sacrificing function:

- To relieve the ache of ear soreness, wear a paper surgical mask with ear loops and layer a cloth mask that ties behind the head on top.
- Use 3-ply cloth covering that has a pocket to insert additional filter material such as medical-grade mask.

Yours trully,
the community editor