

## **MASKS 3-LAYER**

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### **Dr. Tam says the science behind masks has accelerated**

OTTAWA· The country's top doctor unveiled new recommendations Tuesday for nonmedical masks, saying they should be made of at least three layers and stressing their importance as the country heads indoors for winter amid a surging COVID-19 case count.

Face masks should comprise two layers of tightly woven fabric such as cotton or linen, plus a third layer of a "filter-type fabric" such as polypropylene, according to the Public Health Agency of Canada.

We're not necessarily saying throw out everything that you have, Dr. Theresa Tam, Canada's chief public health officer, said at a news conference Tuesday.

The fit is the most important thing, she said, emphasizing a pinched nose and full coverage of nose and mouth, but also comfort and breathability.

In a departure from news conference habit, the country's top politicians and doctors wore their masks except when speaking, underscoring the role of face coverage in battling the pandemic as temperatures drop.

"Because it's winter, because we're all going inside, we're learning more about droplets and aerosols. It's just another layer of protection," Tam said in Ottawa.

The World Health Organization recommended wearing filtered, three-layer masks as early as June 12, but Tam said face coverings are an area of "evolving science."

The mask memo came as Ontario reported a single-day record of 1,050 new cases of COVID-19 on Tuesday, and 14 new deaths due to the virus.

Meanwhile, Quebec reported 871 new COVID-

19 infections and 34 more deaths attributed to the novel coronavirus, including five that occurred in the previous 24 hours.

The province, which last week prolonged redzone restrictions until Nov. 23 for 12 of its 19 health regions, said the number of people in hospital rose by 27 to 526, and 85 people were in intensive care, a rise of four.

Governments have struggled to balance health priorities with economic woes and pandemic fatigue as the prospect of social isolation and uncertainty around vaccines adds a bleaker tint to the onset of winter.

Conservative Leader Erin O'toole is calling for the Liberals to put a pause on federal audits of small businesses hit hard by COVID-19. He said too many small and medium-sized businesses are struggling to survive during the pandemic, and still have been hit by what he calls unfair audit requests from the Canada Revenue Agency.

Many small businesses, such as restaurants and in the tourism sector, have been asking for extra help through the federal wage- subsidy program to keep employees on payrolls, O'toole said.

Can you imagine a small business holding on by a thread and having the tax collector descend on you with an audit?" O'toole said.

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Some sources:

<https://www.factorydirectmedical.com/3-layer-organic-face-masks.html>

[https://www.amazon.ca/Washable-Reusable-Layers-Protective-Covering/dp/B08FZV3BCH/ref=sr\\_1\\_7?dchild=1&keywords=3+layer+mask&qid=1604535211&sr=8-7](https://www.amazon.ca/Washable-Reusable-Layers-Protective-Covering/dp/B08FZV3BCH/ref=sr_1_7?dchild=1&keywords=3+layer+mask&qid=1604535211&sr=8-7)

Or, if you are a do it yourself person:

Health Canada has [instructions for making masks](#) with three layers, and says you can find non-woven polypropylene as:

- A craft fabric.
- In some reusable shopping bags.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/sew-no-sew-instructions-non-medical-masks-face-coverings.html>

