

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM

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# NEW JERSEY SELF-ADVOCACY PROJECT



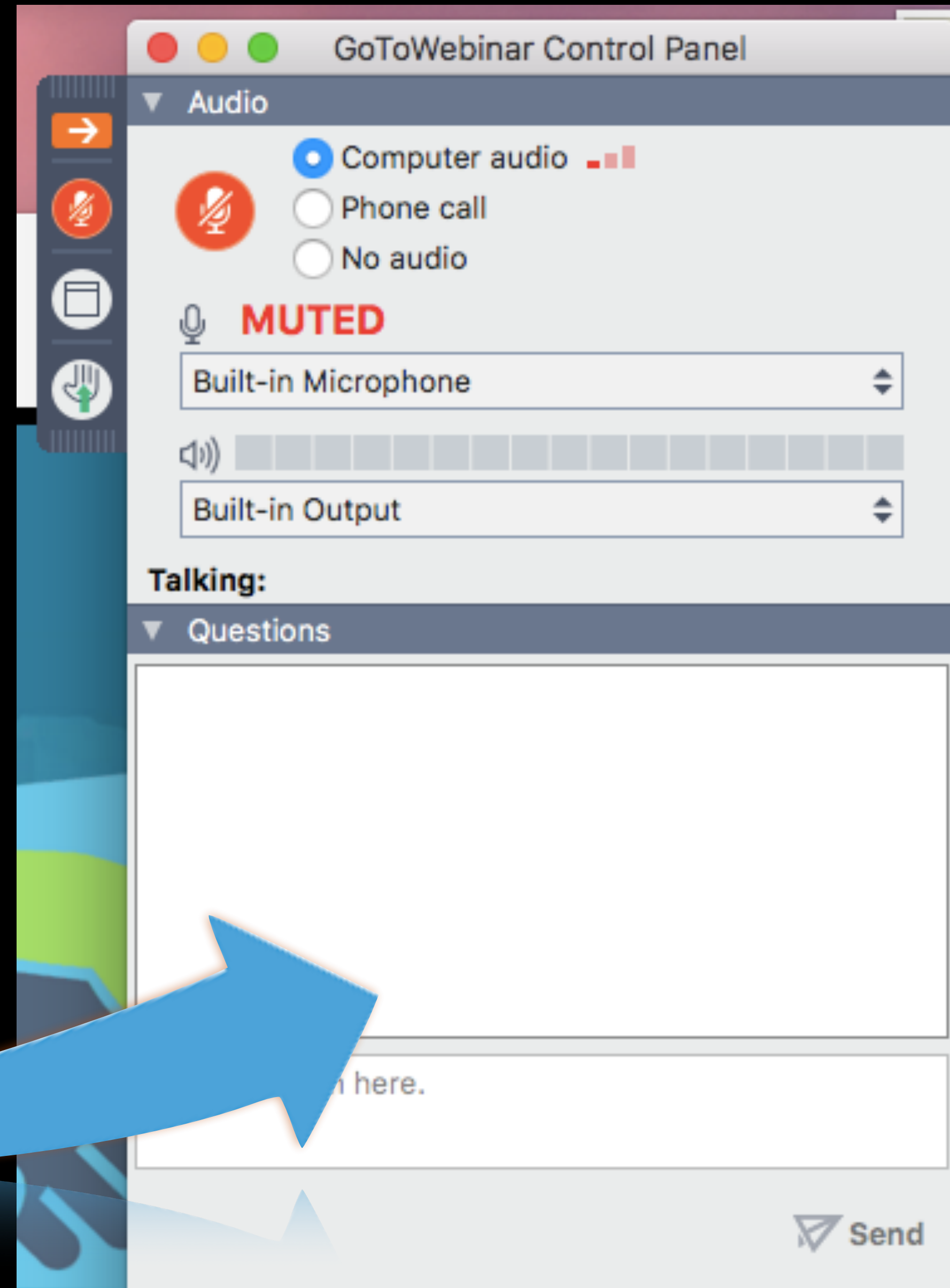
## The COVID Masquerade:

A Guide on Masks & Returning to Society

STAY HEALTHY AT HOME WEBINAR SERIES

WEEK 12: JUNE 23, 2020 FROM 2 - 3 PM

TYPE YOUR  
QUESTIONS,  
COMMENTS,  
FEEDBACK  
IN THE  
QUESTIONS  
BOX



# INTRODUCTION

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- ▶ Erin Smithers, the Information/Referral Coordinator of the [New Jersey Self-Advocacy Project \(NJSAP\)](#)
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel

INFORMATION  
INCLUDED IN THIS  
PRESENTATION IS  
BASED ON THE FACTS  
AVAILABLE AS OF  
TODAY: JUNE 23, 2020.

PLEASE CONTINUE TO  
CHECK CREDIBLE  
SOURCES FOR UPDATED  
INFORMATION.



# TODAY, WE WILL DISCUSS:

- Why masks are important
- How to properly use and care for your masks
- Up to date health guidelines on interacting in society after the stay-at-home order

# CDC Covid-19 Recommendations

- Wash your hands often
- Avoid close contact
- Use a face mask when out in public
- Cover coughs and sneezes
- Clean and disinfect frequently used surfaces
- Monitor your health



## POLL:

### DO YOU OWN A MASK?

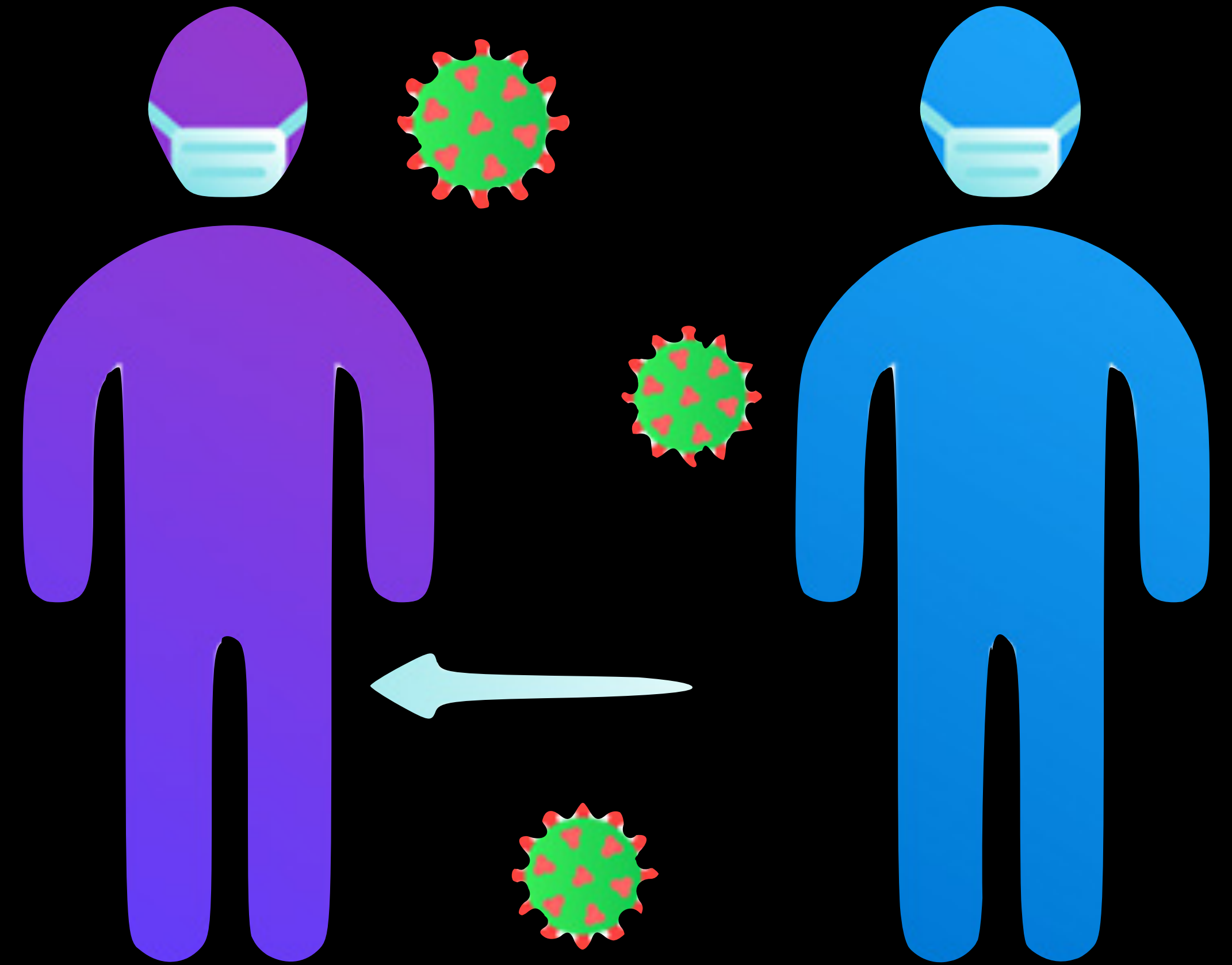
- Yes, I have a cloth mask
- Yes, I have single-use masks
- No, I do not own any masks
- Other



# CDC Face Mask Recommendations

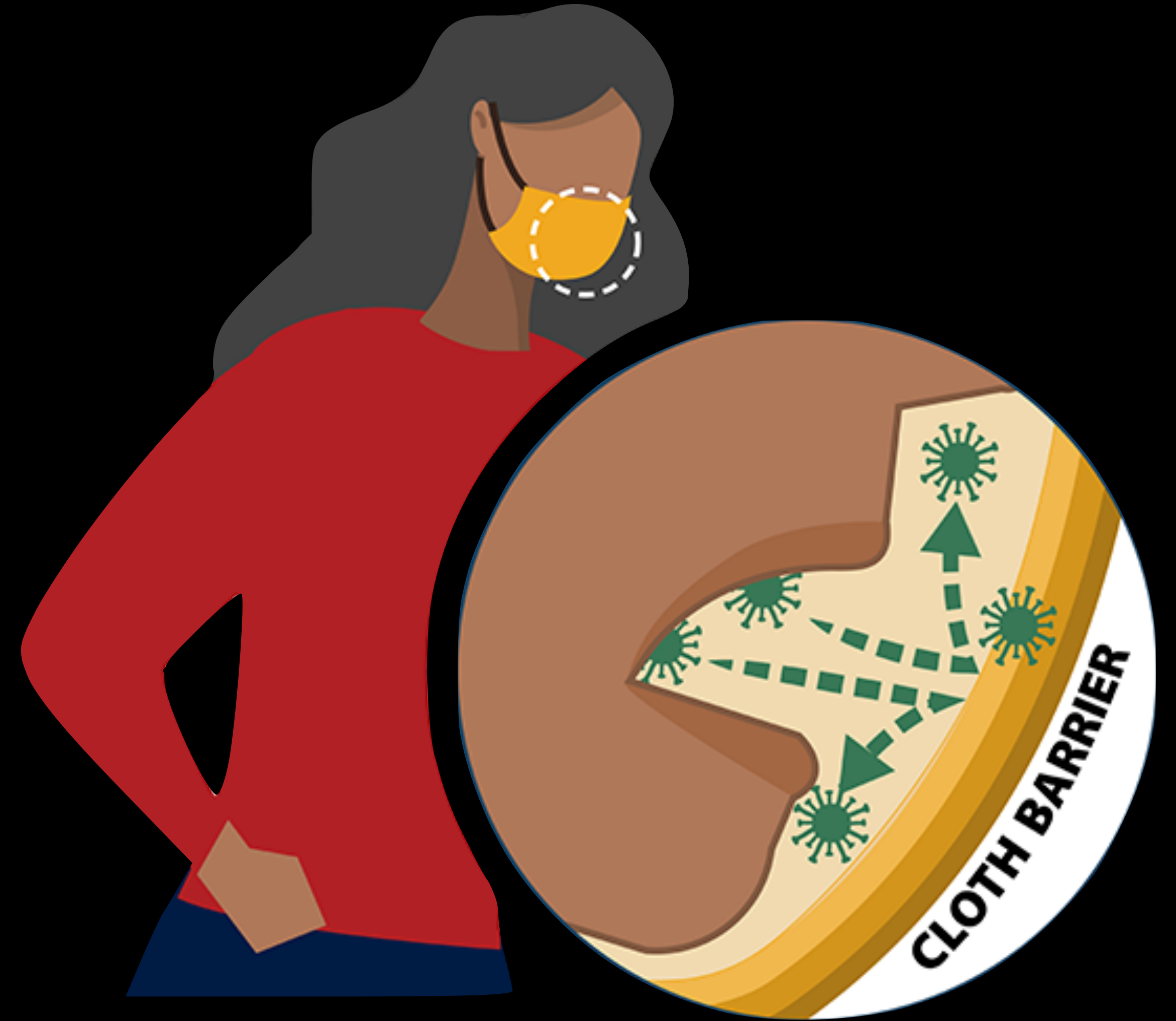
- Cover your mouth and nose with a cloth face cover when around others
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- **Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.**
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a face mask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

**Social Distancing  
And Mask Wearing  
Are Still VERY  
Important!**



# Why Wear A Mask

**“Your cloth face covering may protect them. Their cloth face covering may protect you.”**



# Where To Wear A Mask

- Stores
- Pharmacies
- Restaurants
- Salons
- Other Houses



**When you are near anyone you don't live with**

# Types of Face Masks

- N95
- KN95
- Cloth
- Surgical



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# How To Wear A Mask Correctly

Step 1: Wash Your Hands

Step 2: Place the mask over your nose and mouth and then secure it under your chin

Step 3: Fit it so it is snug against your face and nose

Step 4: Make sure you can breathe easily





# How To Take off A Mask Correctly

Step 1: Untie the strings behind your head or stretch your ear loops

Step 2: Only touch the ear loops or ties

Step 3: Fold the outside corners together

Step 4: Place your mask in the washing machine

Step 5: Be careful not to touch your eyes, nose, and mouth and immediately wash your hands



# Washing Your Face Mask- Washing Machine

- Include your cloth mask with your regular laundry
- Use regular laundry detergent, the warmest appropriate water setting for the type of cloth you are washing
- Dry in the highest heat setting until completely dry

# Washing Your Face Mask- Washing By Hand

- Make a bleach solution by mixing:
  - 5 tablespoons household bleach per gallon of room temperature water
  - 4 teaspoons household bleach per quart of room temperature water
- Soak the cloth face mask in the bleach solution for 5 minutes
- Rinse thoroughly with cool or room temperature water
- Lay Flat and allow to dry completely, if possible dry in direct sunlight

MAKING YOUR OWN  
FACE MASK

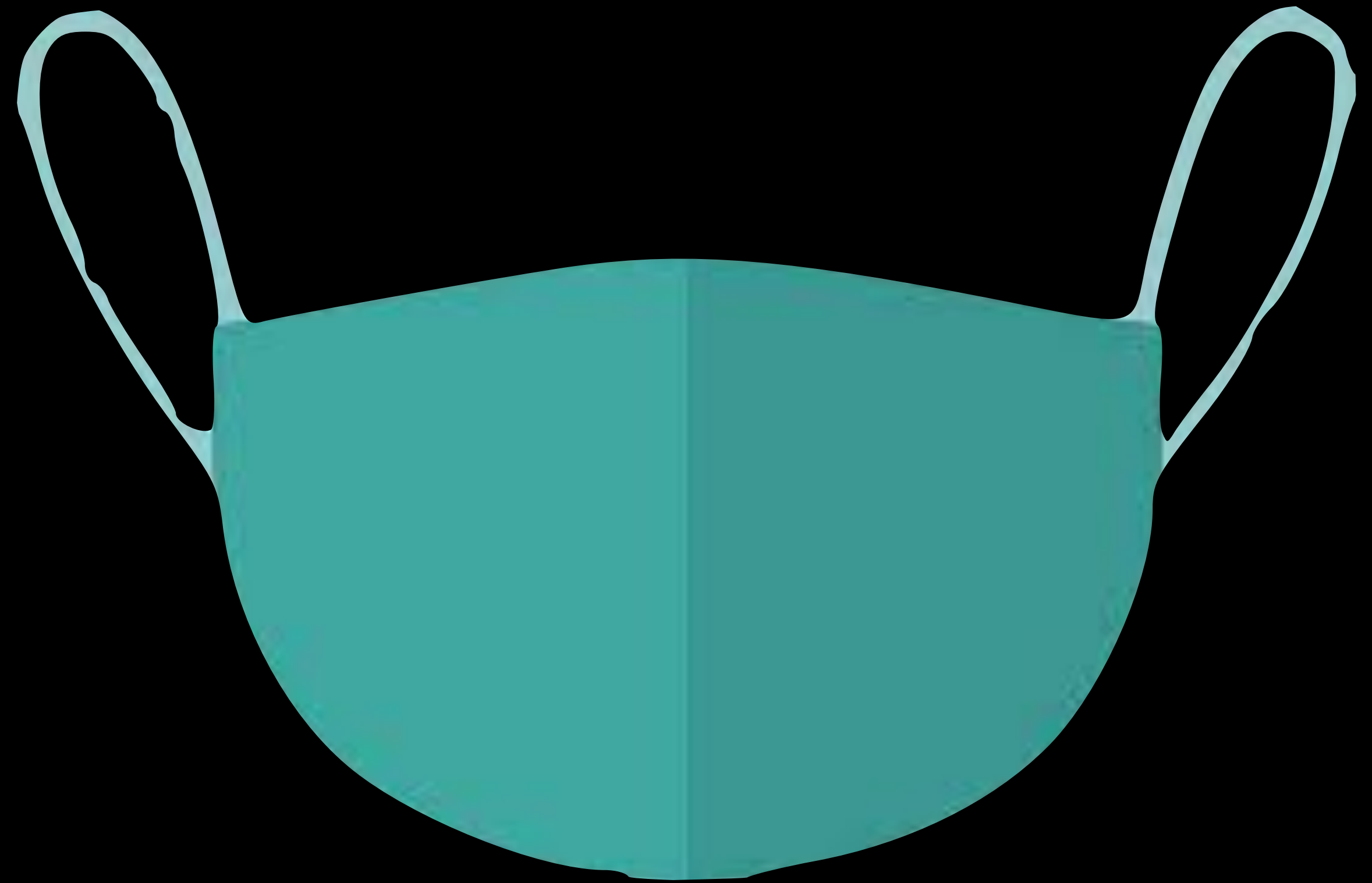




**DIY  
FABRIC  
MASK**

# Best Fabrics

- Cotton Mix
- 100% Cotton (2 layers)
- Antimicrobial Pillowcase
- Standard Pillowcase
- Scarf
- Linen



BUYING A  
FACE MASK

# Where To Buy a Face Mask

- Amazon
- Etsy
- Vistaprint
- Nordstrom



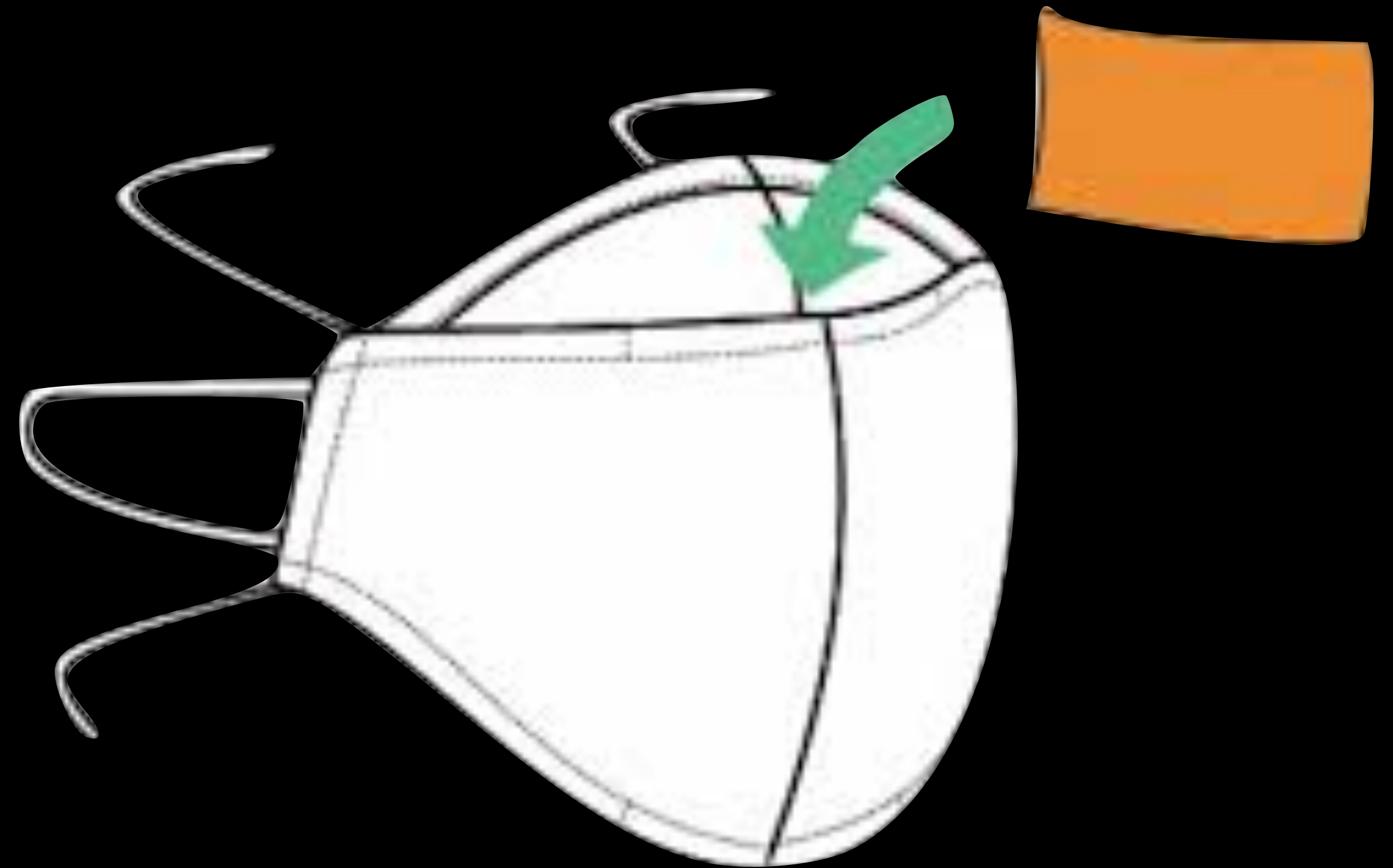
- Athleta
- Lucky
- American Eagle
- A neighbor

# Things to consider

- Read reviews
- Can it hold a filter?
- Will you wear it?
- Do you wear glasses?
- Can it be washed before you use it?
- How many will you need?
- Is it a reputable company

# Filter Inserts

- Coffee Filters
- Polypropylene Shopping Bag
- Paper Products
- HEPA Filters\*

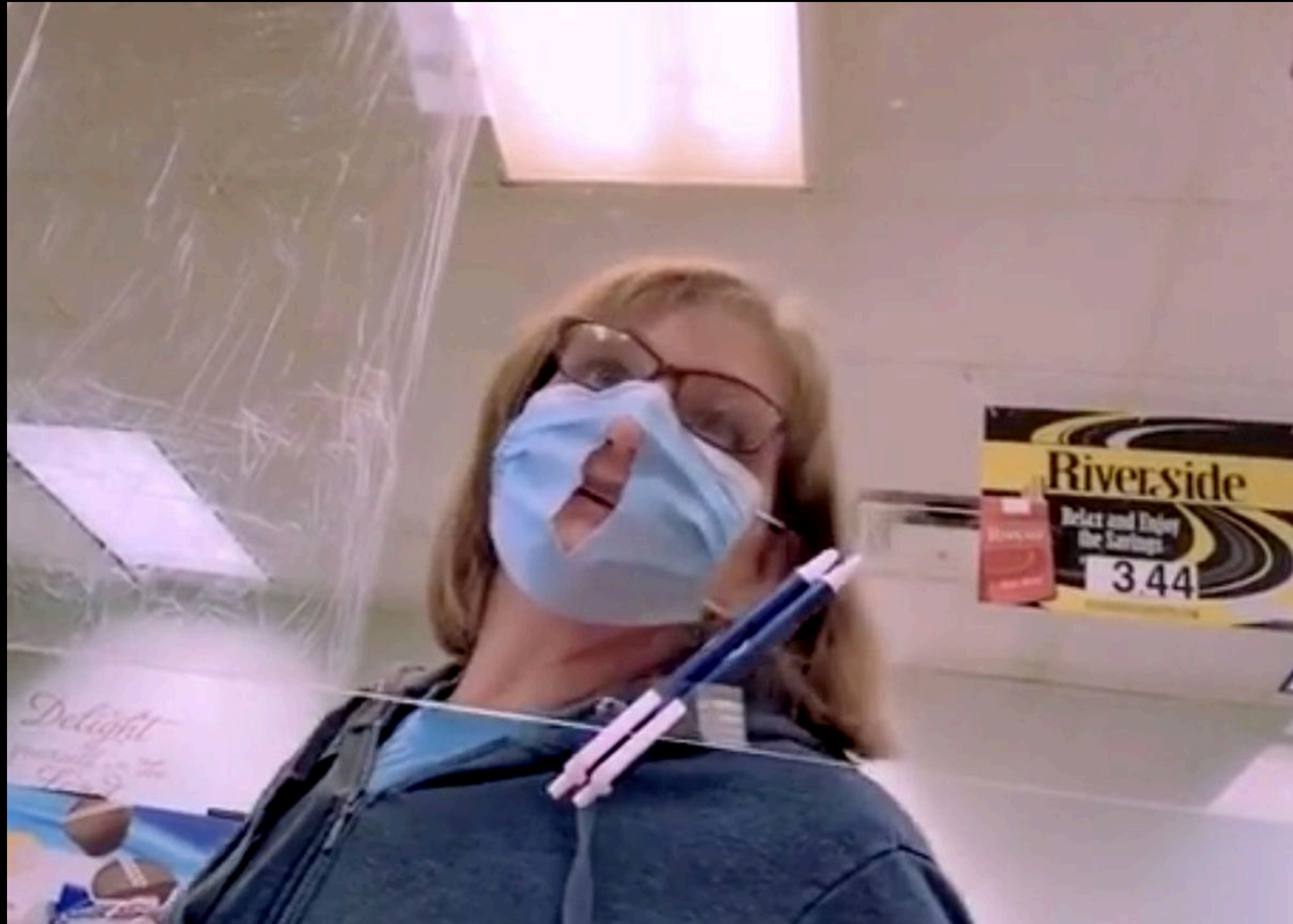


# Tips For Wearing A Mask

- Try not to touch it
- Make sure it covers your nose AND mouth
- Practice around the house
- It shouldn't have any gaps
- Make sure you can easily breathe



# We Don't Want This



The best face mask is a mask you will wear properly

# Face Mask FAQ

Are face masks mandatory?



Yes, In New Jersey, individuals must use a face covering when shopping at essential retail businesses, entering a restaurant or bar to pick up takeout orders, and when traveling on trains, buses, light rail, or paratransit vehicles.

# Face Mask FAQ

Should I wear a mask when I exercise?



It is fine to not wear a mask if you stay at least 6 feet away from other people. If you are working out at a gym it is recommended to wear it in between exercising.

# Face Mask FAQ

Does a face mask trap carbon dioxide?



Carbon dioxide can linger behind an N95 mask if you wear it for several hours, causing mild problems like a headache, dizziness, and fatigue. But this risk is low with cloth and surgical masks.

# Face Mask FAQ

I have a health problem that makes wearing a mask hard.



If you have a health issue that makes you unable to tolerate a face covering, you do not need to wear one. This makes practicing physical distancing and hand hygiene even more essential.

# Face Mask FAQ

How often should I wash my mask?



After each use!

*STATE* OF  
NEW JERSEY

# Most Up To Date Information:

The screenshot shows the homepage of the New Jersey COVID-19 Information Hub. At the top left is the New Jersey state logo and the text "NEW JERSEY COVID-19 Information Hub". To the right, contact information is provided: "Call (General COVID-19 Questions): 2-1-1 (24/7)", "Call (Medical COVID-19 Questions): 1-800-962-1253 (24/7)", and "Text NJCOVID to 898-211 to receive alerts". A language selection dropdown is set to "Select a Language". A red alert banner reads "COVID-19 Alert" and contains the text "Gov. Murphy announces non-essential retail, and outdoor dining, to reopen June 15. [Learn more.](#)". Below the alert is a search bar with the placeholder text "What would lead you to believe that s". A navigation bar contains four buttons: "DATA DASHBOARD", "FEELING UNWELL? CHECK YOUR SYMPTOMS", "WORK NJ", and "HELP NJ". The main section is titled "What you need to know" with a "View All >" link. It features four informational cards, each with a question mark icon and a title: "How can I protect myself from COVID-19/Novel Coronavirus?", "When and how is New Jersey lifting restrictions? What does a responsible and strategic restart of New Jersey's economy look like?", "What businesses are closed? What is considered essential?", and "Where and how do I get tested for COVID-19 in New Jersey? Who should get testing?".

[covid19.nj.gov](https://covid19.nj.gov)



# Most Up To Date Information:

## Executive Orders



**Phil Murphy**  
2018 -

No.	Subject	Date Issued
<a href="#">153</a>	Governor Murphy Signs Executive Order Opening Pools Effective June 22, and Opening Additional Outdoor Recreational Businesses	2020/06/09
<a href="#">152</a>	Governor Murphy Signs Executive Order Lifting Limits on Indoor and Outdoor Gatherings	2020/06/09
<a href="#">151</a>	Governor Murphy Signs Executive Order Extending Public Health Emergency in New Jersey	2020/06/04
<a href="#">150</a>	Governor Murphy Announces Outdoor Dining Protocols and Process to Expand Premises for Liquor License Holders	2020/06/03
<a href="#">149</a>	Governor Murphy Signs Executive Order Allowing Resumption of Child Care Services, Youth Day Camps, and Organized Sports Over the Coming Weeks	2020/05/30
<a href="#">148</a>	Governor Murphy Signs Executive Order Increasing Capacity Limit on Outdoor Gatherings	2020/05/22
<a href="#">147</a>	Governor Murphy Signs Executive Order	2020/05/18
<a href="#">146</a>	Governor Murphy Signs Executive Order to Reopen Charter Fishing and Watercraft Rental Businesses	2020/05/16
<a href="#">145</a>	Governor Murphy Signs Executive Order Allowing Elective Surgeries and Invasive Procedures to Resume on May 26	2020/05/15
<a href="#">144</a>	Governor Murphy Signs Executive Order to Protect Public Health by Mailing Every Registered Voter a VBM Ballot or Application Ahead of the Primary Election	2020/05/15

[https://nj.gov/infobank/eo/056murphy/approved/eo\\_archive.html](https://nj.gov/infobank/eo/056murphy/approved/eo_archive.html)

# Most Up To Date Information:



[@GovMurphy](#)



[@governorphilmurphy](#)



[@GovMurphy](#)

# COVID-19 UPDATE

June 9, 2020

## EFFECTIVE IMMEDIATELY:

- INDOOR GATHERINGS WILL BE PERMITTED AT WHICHEVER NUMBER IS LOWER – 25% OF A BUILDING'S CAPACITY OR 50 PEOPLE
- OUTDOOR GATHERINGS WILL BE PERMITTED UP TO 100 PEOPLE WITH NO LIMITS ON POLITICAL OR RELIGIOUS OUTDOOR GATHERINGS



Posted on June 9th

# COVID-19 UPDATE

## REOPENINGS:

**JUNE 15: CHILD CARE CENTERS**

**JUNE 22: NON-CONTACT ORGANIZED SPORTS**

**JULY 6: YOUTH DAY CAMPS**



Posted on June 9th

## COVID-19 UPDATE

### REOPENING JUNE 15, 2020:

- ✓ OUTDOOR DINING AT RESTAURANTS
- ✓ NON-ESSENTIAL IN-PERSON RETAIL
- ✓ LIBRARIES FOR CURBSIDE PICKUP
- ✓ CHILDCARE CENTERS
- ✓ DROP-OFF AND PICK-UP SERVICES AT NJMVC



Posted on June 22nd

# COVID-19 UPDATE

**ON MONDAY, JUNE 15, 2020,  
NON-ESSENTIAL RETAIL MAY  
REOPEN:**

- **MUST LIMIT NUMBER OF CUSTOMERS IN STORES TO 50 PERCENT**
- **CUSTOMERS AND EMPLOYEES REQUIRED TO WEAR FACE COVERINGS**
- **REGULARLY SANITIZE AREAS USED BY EMPLOYEES, AMONG OTHER SAFEGUARDS**



**Posted on June 9th**

# COVID-19 UPDATE

**JUNE 15, 2020:**  
**RESTAURANTS AND OUTDOOR BARS**  
**CAN BEGIN OFFERING IN-PERSON,**  
**OUTDOOR DINING**



Posted on June 3rd

# COVID-19 UPDATE

**JUNE 22, 2020:**

**MUNICIPAL AND PRIVATE-CLUB  
SWIMMING POOLS WILL BE  
ABLE TO REOPEN**



Posted on June 9th



## COVID-19 UPDATE

### REOPENING JUNE 22, 2020:

- ✓ BEAUTY SALONS
- ✓ BARBER SHOPS
- ✓ COSMETOLOGY SHOPS
- ✓ DAY AND MEDICAL SPAS
- ✓ ELECTROLOGY FACILITIES
- ✓ HAIR BRAIDING SHOPS
- ✓ MASSAGE PARLORS
- ✓ NAIL SALONS
- ✓ TANNING SALONS
- ✓ TATTOO PARLORS



Posted on June 19th

# COVID-19 UPDATE

**JUNE 15, 2020:**

**DROP-OFF AND PICK-UP SERVICES BEGIN AT  
MOTOR VEHICLE COMMISSION**

**JUNE 29, 2020:**

**MOTOR VEHICLE COMMISSION WALK-IN  
CUSTOMER SERVICE, ROAD TESTS, LICENSES,  
AND REGISTRATIONS SCHEDULED TO RESTART**



**Posted on June 6th**

## COVID-19 UPDATE

**JUNE 29, 2020:**

### RETAIL SHOPPING MALLS REOPEN:

- ✓ Masks or face coverings required to be worn
- ✓ All stores limited to 50 percent capacity
- ✓ Restaurants may provide take-out or outdoor dining
- ✓ Food court seating and common seating areas remain closed
- ✓ Theaters and arcades to remain closed



Posted on June 19th

# COVID-19 UPDATE

**JULY 2, 2020:**

- CASINOS MAY REOPEN  
AT 25% CAPACITY**
- INDOOR DINING MAY RESUME  
AT 25% CAPACITY**

Posted on June 22nd

# Social Activities Risk Levels

COVID-19 RISK LEVELS		tinyurl.com/c19risk
9	<ul style="list-style-type: none"> <li>• Bars</li> <li>• Big concerts</li> </ul>	<ul style="list-style-type: none"> <li>• Sports stadiums</li> </ul>
8	<ul style="list-style-type: none"> <li>• Gyms</li> <li>• Amusement parks</li> </ul>	<ul style="list-style-type: none"> <li>• Churches</li> <li>• Buffets</li> </ul>
7	<ul style="list-style-type: none"> <li>• Playing basketball</li> <li>• Public pools</li> </ul>	<ul style="list-style-type: none"> <li>• Schools</li> </ul>
6	<ul style="list-style-type: none"> <li>• Casinos</li> <li>• Restaurants – indoor</li> <li>• Playgrounds</li> </ul>	<ul style="list-style-type: none"> <li>• Hair salons, barbershops</li> <li>• Pontoon boat rides</li> <li>• Movie theaters</li> </ul>
5	<ul style="list-style-type: none"> <li>• Home dinner parties</li> <li>• Airplanes</li> <li>• Backyard barbecues</li> </ul>	<ul style="list-style-type: none"> <li>• Malls</li> <li>• Beaches</li> <li>• Bowling</li> </ul>
4	<ul style="list-style-type: none"> <li>• Dentist offices</li> <li>• Walking in busy downtown</li> <li>• Offices</li> </ul>	<ul style="list-style-type: none"> <li>• Doctor waiting rooms</li> <li>• Restaurants – outdoor</li> </ul>
3	<ul style="list-style-type: none"> <li>• Grocery stores</li> <li>• Camping</li> <li>• Hotels</li> </ul>	<ul style="list-style-type: none"> <li>• Golfing</li> <li>• Libraries, museums</li> </ul>
2	<ul style="list-style-type: none"> <li>• Walk, run, or bike with others</li> </ul>	<ul style="list-style-type: none"> <li>• Get car gasoline</li> </ul>
1	<ul style="list-style-type: none"> <li>• Restaurants – takeout</li> </ul>	<ul style="list-style-type: none"> <li>• Tennis</li> </ul>

Dr Matthew Sims, Dr Dennis Cunningham, Dr Mimi Emig, Dr Nasir Husain. Based on risk factors including inside/outside, nearness to others, exposure time, compliance likelihood, and personal risk.

# Phase 1

- Construction
- Retail Curbside Pickup
- Elective Surgeries
- Parks, Lakes, Beaches
- K-12 Virtual Learning

# Phase 2

- Expanded Retail
- Outdoor Restaurants
- Limited Personal Care
- Museums, Libraries
- Child Care
- Summer School, Camps

# Phase 3

- Expanded Dining
- Limited Entertainment
- Expanded Personal Care
- Bars
- Public Transit For All
- K-12 and College In Person
- Offices

# Phase 4

- All Persons Can Return To Work
- Widespread Use of Vaccine or Lifesaving Treatment Is Available

# POLL:

HAVE YOU PARTICIPATED IN ANY  
OF THESE ACTIVITIES?

- Yes
- No, nor do I plan to
- No, but I plan to soon
- Other





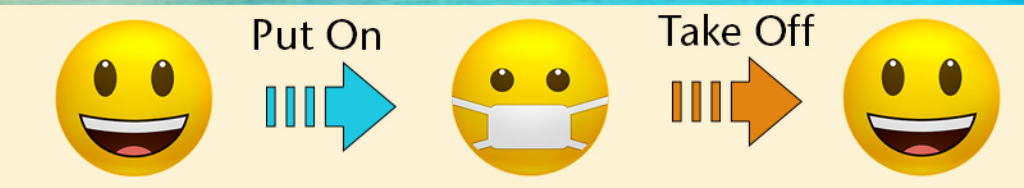
**REMEMBER:**

**Social Distancing  
AND Mask Wearing  
Are Still VERY  
Important!**



# Covid-19 Mask Guide

Designed and distributed by The New Jersey Self-Advocacy Project, a program of The Arc of New Jersey  
This infographic is made as part of our Healthy Lifestyles Project, funded by The Horizon Foundation for New Jersey  
[www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org) / 732-749-8514 / [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org)



Everyone else should be using **cloth masks** or disposable masks.

Leave the **surgical masks** and **N-95 masks** for **healthcare professionals**.

An **N95 mask** helps protect the wearer from getting the virus from others.

**A cloth mask is worn to help protect others in case the wearer has the virus.**

### How to Put on & Remove a Cloth Mask Effectively

1. Place your mask over your mouth and nose.
2. Tie it behind your head or use ear loops and make sure it's snug.
3. Don't touch your mask while wearing it.
4. If you accidentally touch your mask, wash or sanitize your hands.
5. Remove the mask by untying it or lifting off the ear loops without touching the front of the mask or your face.
6. Wash your hands immediately after removing your mask.
7. Regularly wash your mask with soap and water in the washing machine. It's fine to launder it with other clothes.

# NJSAP Infographic

Cloth face masks should be worn in public settings, particularly where social distancing measures are difficult to maintain. This includes places such as in grocery stores, especially in areas of significant community-based transmission.

**Don't use face masks as a substitute for social distancing.**

**Cover your mouth and nose** and make sure there are **no gaps** between the mask and your face.

Transparent face masks are also available to allow for lip-reading.

**Don't put masks on anyone who has trouble breathing, or is unconscious or otherwise unable to remove the mask without help.**

Don't put masks on children under 2 years of age.

**Sources:**

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-covers.html>




<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-mask/art-20485449>

# Resources

- ▶ NJSAP: <http://www.arcnj.org/programs/njsap/>
- ▶ NJSAP Webinars: <https://www.arcnj.org/programs/njsap/webinars.html>
- ▶ NJSAP Youtube: [www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)
- ▶ NJSAP HLP: [www.HealthyLifestylesProject.org](http://www.HealthyLifestylesProject.org)
- ▶ CDC recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- ▶ CDC Face Mask: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- ▶ CDC Make Your Own Face Mask: <https://www.youtube.com/watch?v=tPx1yqvJgf4>
- ▶ WebMD Mask Filters: <https://www.webmd.com/lung/coronavirus-face-masks#1>
- ▶ Making Your Own Mask Recipes: <https://www.creativebloq.com/news/how-to-make-a-face-mask#how-to-make-a-bandana-style-face-mask%20>
- ▶ Gov. Murphy Executive Orders: [https://nj.gov/infobank/eo/056murphy/approved/eo\\_archive.html](https://nj.gov/infobank/eo/056murphy/approved/eo_archive.html)
- ▶ Gov Murphy Social Media: <https://twitter.com/govmurphy?lang=en>, <https://www.facebook.com/governorphilmurphy/>, <https://www.instagram.com/govmurphy/?hl=en>
- ▶ NJ Phases: <https://www.northjersey.com/story/news/new-jersey/2020/06/02/what-phase-is-new-jersey-nj-reopening-plan/3125015001/>

# QUESTIONS?

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- ▶ Stay in touch: [ESmithers@ArcNJ.org](mailto:ESmithers@ArcNJ.org)
- ▶ **Phone & Fax:** 732-246-2525 x26
- ▶  [twitter.com/NJSAP](https://twitter.com/NJSAP) or @NJSAP
- ▶  Facebook: [https://www.facebook.com/  
NewJerseySAP/](https://www.facebook.com/NewJerseySAP/)
- ▶  Instagram: [https://www.instagram.com/  
NewJerseySAP](https://www.instagram.com/NewJerseySAP)
- ▶ NJSAP Website: [http://  
www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)