

## CLEVER TIPS TO MAXIMIZE YOUR MASK PROTECTION

Whether or not you agree with a mandate to wear a mask, many of us will do so during our daily business. I am a professor of nursing at Purdue University, where a colleague and I teach a class detailing the history of health care over the centuries. Among other things, students discover the original reason for a cloth mask, dating back to the late 19th century, is the same as today: to protect others from the germs of those wearing them. Understanding these past practices, say the students, makes them better caregivers. With that in mind, here are five ways for you to make the most of wearing a mask in public.

Along with wearing a mask, frequent handwashing is essential. Always wash your hands before putting on your mask.

1. Not all masks are created equal. Cloth masks are considered appropriate for general use in public. The Mayo Clinic recommends a mask that is two-layered. This means the cute reversible one your neighbor sewed for you is approved. Not recommended: a mask with a valve. Although the wearer breathes in filtered air, the unfiltered air is pushed out upon exhalation. This negates the protection for others.

2. Wash, wash, wash your hands. Before putting your mask on, wash your hands. This is a basic infection



control principle. Anytime you come in contact with your face, do it with clean hands. This includes rubbing your eyes, wiping your lips, or scratching your nose. Likewise, after removing your mask, wash your hands again.

Don't mess with the mask while it's in place. This is not the time to take a sip of your latte or snack on your beef jerky. Eat and drink in an environment where you can socially distance from others by at least six feet. If you have to adjust your mask when it's on, clean your hands afterwards. For convenience, carry a hand sanitizer with you.

3. Does this mask make me look smart? The mask should fit comfortably snug, always covering your nose and mouth, and secure under the chin. Covering only the mouth is useless.

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# Health & Human Science News

## CALENDAR OF EVENTS

### September 2020

- 7 Labor Day, county offices closed
- 14 Extension Homemakers Executive Council Meeting, 2:00 PM
- 14 Extension Homemakers President's Council Meeting, 3:00 PM

### October 2020

- 12 Columbus Day, County Offices Closed
- 15 Volunteer Community Support Work Day, 9 AM–2 PM

### November 2020

- 3 Election Day, County Offices Closed
- 11 Veteran's Day, County Offices Closed
- 18 ServSafe Exam Only, 9:00 AM
- 26-27 Thanksgiving, County Offices Closed



## OFFICIAL ANNOUNCEMENT

### 2020 Wells County Health Fair

# CANCELED!

The health fair committee has decided to cancel the 2020 Wells County Health Fair slated for October 10, 2020. This decision was made for the safety and well-being of the attendees and volunteers.

We look forward to serving you in 2021. In the meantime, we encourage you to continue seeking medical guidance with your healthcare provider. Stay well and thank you for understanding!

– The Wells County Health Fair Committee

[wellscountyhealthfair.org](http://wellscountyhealthfair.org)



← →  
A simple phone call can make someone's day!  
← →



# ARE YOU OK?

*Friendly Caller Program - Wells County*

*Interested in becoming a volunteer?*

*Or to receive a call from a volunteer?*

To be eligible to receive calls, you must be 60 years old or older.



[LynnN@volunteerfortwayne.org](mailto:LynnN@volunteerfortwayne.org)  
(260)424-3505



Purdue Cooperative Extension Service will be offering a Retail Food Certification Exam Only on November 18th at 9:00 AM. This is for food handlers who need to obtain a Retail Food Certificate.

A photo ID with signature is required to take the exam. The cost of the exam with the book is \$115.00. The cost to take the exam only is \$65.00. Pre-registration is required by November 11th in order to receive a textbook

and avoid a \$20.00 late fee. Walk-ins will not receive a textbook. English and Spanish exams are available per registration. To register go to [www.cvent.com/d/w7qjtw](http://www.cvent.com/d/w7qjtw)

For more information call Molly Hoag, Wells County Extension Educator, [mhoag@purdue.edu](mailto:mhoag@purdue.edu) or call The Education Store at 765-494-6794. The class will be at the Wells County Community Center, Bluffton, IN.

# RECHARGING YOUR PATIENCE

When caring for others, whether it is children, aging parents, or other family members, we also have to take care of ourselves. Just like airlines say to put on our oxygen mask before putting the mask on a child, we need to care for ourselves to provide better care for others. If we feel overwhelmed it is okay to take time to recharge. When we feel recharged we are able to have more patience and tolerance with others. Find ways to recharge that work for you.

1. Establish new routines – routines offer a way to promote health and wellness. Having routines provide a feeling of having control through structure and organization.
2. Stay connected with family and friends – the feeling of loneliness can be associated with depression and cardiovascular disease. Make social connections with other adults a priority through video chats, phone calls, emails, or text messages.
3. Exercise – find ways to exercise at home. Try to duplicate what you do at a gym with things that you have at home such as using canned goods for weights if you do not have standard weights. You can do yoga, Pilates, Zumba or just dance to some fun music. Find routines on the internet that you enjoy doing.
4. Go outside - studies show being outside in nature reduces stress, depression and anxiety. Take a walk, run, hike, or bike ride in nature either by yourself or with your family. Do fun activities with your children such blowing bubbles, sidewalk chalk, or kicking a soccer ball.
5. Adjust your expectations – set reasonable expectations for yourself and family. Or even lower your expectations during this time. Eliminate or reduce some tasks/ activities at this time to create expectations that work with you instead of against you.
6. Mindfulness – being aware of our thoughts, feelings and bodily sensations. Several websites and apps provide steps in learning how to focus on our body at a moment in time.
7. Alone time – find time to be alone to decompress from family demands, separation from family members, and have some quiet time for prayer, meditation, journal, or just to process thoughts.
8. Give yourself a break - indulge in something that you enjoy which is positive and helps you relieve stress and relax. Allow yourself to engage in activities that you enjoy, such as soaking in a bathtub, reading books you have been wanting to read, binge watch your favorite TV show, watch your favorite movies again, do puzzles, bake, coloring etc.
9. ‘Pet your stress away’ – ten minutes of playing, interacting, or petting your dog or cat reduces stress hormone cortisol and can reduce stress, anxiety, and loneliness.
10. Laughter – is still a good medicine for your health to reduce physical tension. A good laugh can relieve some physical symptoms of stress, reduce pain, and increase personal satisfaction.

Source: [purdue.edu/hhs](http://purdue.edu/hhs)—HHS 843-W



### *5 Clever Tips to Maximize Your Mask Protection Continued from page 1*

Humans breathe in and out of both nose and mouth. And the purpose of the mask is to block germ transmission through the air, which can occur when one exhales (spreads germs) or inhales (takes in germs) through either nose or mouth.

#### 4. When you're done

When it's time to take it off, clean your hands and grab the ties or ear loops to pull the mask away from your face. Fold the mask in on itself so the outside corners are together. Do not put the mask on your forehead like a headband, or around your neck like a scarf. Place the mask in a receptacle to be laundered. And then wash your hands.

#### 5. Clean it up

Wash the mask with other laundry using your regular detergent. If you're using a washing machine, use the warmest possible water that's safe for the type of cloth used to make the mask. For drying, it's the same: Use the highest temperature possible for the fabric. Then allow to



dry completely before wearing again. If hand-washing the mask, use a disinfecting bleach. Follow the directions on the product to create the appropriate dilution, then soak the mask five minutes. Rinse with

cool water and lay flat to dry or hang in direct sunlight. Be careful not to stretch the fabric; that could damage the mask.

As a former operating room nurse, I know that masks are uncomfortable. Unless it's Halloween, they're no fun to wear. But we're not trying to have fun. We're trying to keep ourselves, our families and our communities safe. So Google search for the perfect mask to showcase your personality, and wear it correctly with pride!

Source: This article was originally published on The Conversation by Joy Pieper at Purdue University.

## EXTENSION HOMEMAKER COMMUNITY SUPPORT WORKDAY

**Thursday, October 15**

**9:00 AM—2:00 PM**

**Wells Co. Community Center, 4-H Park, Bluffton**

Come help us make lap blankets for nursing homes. You might want to carry along your favorite scissors. Invite a friend or neighbor and join the fun and fellowship.

Bring your favorite filled dish to share at lunch time.  
Drink and table service will be provided.

Masks are required and social distancing measures will be taken.





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### A Message From Our New 4-H Youth Extension Educator

My name is Emily Luc. I grew up in Fremont, Ohio, where I was an active 4-H member showing breeding rabbits. I received my Bachelor’s Degree in Animal Science from The Ohio State University (2018). Recently, I received my Master’s degree in Animal Science from the University of Tennessee. During my time there, I assisted and volunteered with various 4-H Youth Development activities, where I developed a true passion for Extension Education and 4-H Youth Development. In my spare time, you can find me outdoors- walking, running, hiking, fishing, and enjoying nature. I am very excited to be a part of Purdue Extension and can’t wait to meet everyone in Wells County starting September 1st!

This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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