



Teamsters Health & Welfare
Fund of Philadelphia and Vicinity

**Mobile Care
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the **FLAME**[®]

Healthcare tips for members of the Teamsters Health & Welfare Fund of Philadelphia and Vicinity

Wearing a face mask has become a topic of fierce debate in the time of COVID-19, particularly in the last month. While politicians spar over the topic, a growing number of scientific studies support the idea that masks are a critical tool in curbing the spread of the coronavirus.

Researchers will tell you that masks won't provide full protection. And teasing out the science of masks will take time. But there is enough evidence already to say that, combined with measures like social distancing, face masks really do help.

Of course, how much protection a mask provides — both to the wearers and to the people around them — depends on the type of mask and whether you are wearing it properly.

So this first issue of *The Flame* e-newsletter for Teamsters is a 'how to' issue---so that if you are wearing a mask, you wear it properly.



Wear Your Mask Right. Wear Your Mask Tight.

How many of us learned early on that "if you're going to do a job (or something), do it right?" Let's apply that same advice to wearing a face mask. Most of us are not used to wearing face masks so it does

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**Need help with a
healthcare issue?**



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Your Teamsters' RNs, Diane Bassett and Jeneane Fitzmaurice, are experienced, creative and helpful Registered Nurses (RNs) who will:

VISIT YOU IN THE

take some getting used to.

One of the biggest mistakes that people make is fidgeting with their masks and pulling them under their noses or completely off their faces to rest under their chins.

Here are Some Do's and Don't's:

DON'T: Wear the mask below your nose.

DON'T: Leave your chin exposed.

DON'T: Wear your mask loosely with gaps on the sides.

DON'T: Wear your mask so it covers just the tip of your nose.

DON'T: Push your mask under your chin to rest on your neck.

DO: Wear your mask so it comes all the way up, close to the bridge of your nose, and all the way down under your chin. Do your best to tighten the loops or ties so it's snug around your face, without any gaps.

And once you've figured out the correct position for wearing your mask, follow these tips to stay safe:

- Always wash your hands before and after wearing a mask.
- Use the ties or loops to put your mask on and pull it off.
- Don't touch the front of the mask when you take it off.
- For apartment dwellers, put the mask on and remove it while inside your home. Elevators and stairwells can be high-contamination areas.
- Wash and dry your cloth mask daily and keep it in a clean, dry place.

The truth is scientists are working overtime to understand the coronavirus but because it's so new, they don't know everything---yet. But what we **do** know that it is not going away anytime soon. So, the best advice to protect yourself and others in your community is 'the triple threat:' washing your hands, social distancing and when appropriate, wearing a face mask.

If you're interested in more information about wearing face masks, visit the [World Health Organization website](#).

Have a safe and healthy summer!!

HOSPITAL or at home to assess your care needs and make sure you're getting what you need.

GO WITH YOU to see doctors, to ask questions and to get answers.

MAKE APPOINTMENTS so you can be seen as quickly as possible.

BE YOUR GUIDE, coach and advocate for any healthcare issue.

IDENTIFY PROVIDERS for all care needs and second opinions.

RESOLVE PROBLEMS with billing, claims and health insurance.

GET THINGS YOU NEED such as healthcare equipment.

PROVIDE DECISION SUPPORT when you are thinking about treatments or surgery.

EXPLAIN A NEW DIAGNOSIS to help you make informed decisions.

Teamsters' MCC RN services are confidential and available at no charge to the members and eligible dependents of the Teamsters Health and Welfare Fund of Philadelphia and Vicinity.



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