

JUNE COVID-19 UPDATE: FACE MASKS vs FACE SHIELDS

By

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Now that Governor Newsom has started opening up the state and with the multiple gathering of protests, there is an upswing in the number of cases of COVID-19. Nevertheless, it is still below the curve of the healthcare capabilities to handle it.

The question comes up about Personal Protection Equipment (PPE): face masks vs face shields. So, which is better? Face shield is a clear plastic barrier that has a foam pad on the forehead and attached by Velcro adjustable strap in a headband style. It protects the entire face including the face, nose, mouth, and eyes which is how COVID-19 virus enters the human body. It helps prevent a person from touching the face. Face masks cover the nose and mouth only. They can be made of cloth or filter paper. The best one (used by medical professionals) is N95 because it can produce an air seal around the edges and filter out organic particles such as COVID-19. It protects the wearer. The cloth masks do not protect the wearer, but protect those around the infected person by stopping the infected horizontal aerosolized cough particles. The same can be said about the face shields. When coughing while wearing the face shield, the infected particles come out from the sides rather than straight out. Wearing both at the same time (N95 under the face shield) is recommended for medical professionals but not for general public use as it is very hot and uncomfortable. The following order of protection from best to least is: face shield over N95 mask, N95 mask with eye protection, face shields, fabric masks. Do you remember the good old times when wearing a mask into the bank prompted the police dispatch? Nowadays, if you don't wear a mask, they won't even let you into a bank! KEEP YOUR SPIRITS UP AND YOUR SENSE OF HUMOR!