

Hi everyone,

I hope the message finds you well! This message has two parts. The first part is about the recommendation of wearing a mask, and the second our assignment.

Part 1: CDC's Suggestion of Wearing Cloth Masks

On April 3, CDC (Centers for Disease Control and Prevention) made a suggestion that people should wear cloth masks to cover their faces in public settings where it is difficult to keep social distance (e.g., grocery stores and pharmacies). You DO NOT have to read the announcement.

However, if you want more information, please go to

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

Disclaimer:

I am not an expert of disease control, though I have relevant work experience. I did some research for you and myself. I would like to share this because I care about you. However, please use your own judgement. Here are some important tips.

1. **Why:** Based on my research, experts made the suggestion because of two reasons. One is that COVID-19 can be spread by the people who are infected with the virus but have no symptoms. Wearing a mask makes it likely to prevent or at least slow this type of spread. The other reason is that people are less likely to touch their face while wearing a mask.
2. **Material:** You want something that is breathable and yet thick enough to filter small particles (such as viruses in droplets). It is recommended to have at least two layers of heavyweight cotton with a thread count of at least 180. One way to judge if the material is thick enough is to hold it against the light. The less you can see through the material, the better it is.
3. **Tie:** To use something that you can tie around your ears is better than elastic, because the ties can be adjusted to fit your face better than the elastic band.
4. **Fit:** It is important to make sure that your mask covers your nose, mouth, and chin. Please make sure that there is not a lot of space between the top of the mask and your face. Consider including a metal strip (you can reuse the twist ties from grocery stores) on the top of the mask to make your mask fit better.
5. **Be careful:**
 - a. Before putting on a mask, please wash the mask with hot water and detergent, and then dry it with heat.
 - b. If the mask becomes too damp, it cannot protect other people from you or you from other people. Please change it.

- c. Please do not touch the front of your mask while you are putting it on, taking it off, or wearing it.
 - d. Please also try to keep social distance, even though you are wearing a mask. **Wearing a mask cannot replace the strategy of keeping social distance.**
 - e. Please continue washing your hands as usual.
6. **Be considerate:** To buy medical masks is not encouraged for healthy people at this point, because we want to leave those for the people who have to serve many people daily (such as nurses, policemen, care aides) or whose immune system is compromised.

Part 2: Our Assignment. I did not set a deadline for all the assignments that I posted after 3/12, because I know that some of you might be overwhelmed and some might have trouble with internet connection or technology. I want you to be able to get to them when you can. Ideally, if you can choose one assignment that you like to do every week, that would be great! If you are overwhelmed, it is OK to let me know and maybe do one small assignment or a part of an assignment every three weeks. If you can do more than one assignment every week, you will make me very very happy! As long as you keep on learning some English, that would be wonderful!

1. **Vocabulary:** Here are the words that I would like you to know, if you do not know them yet. I think they are quite useful.
 - a. needle: A small, very thin piece of polished metal which is used for sewing. It has a sharp point at one end and a hole in the other for a thread to go through.
 - b. thread: A long very thin piece of a material such as cotton, nylon, or silk, especially one that is used in sewing.
 - c. pin: A very small thin pointed piece of metal. It is used in sewing to fasten pieces of material together until they have been sewn.
 - d. scissors: A small cutting tool with two sharp blades that are screwed together. We always use the plural form. For example, could you pass me a pair of scissors?
 - e. pleat: A piece of clothing is a permanent fold that is made in the cloth by folding one part over the other and sewing across the top end of the fold.
2. **Read the article:** Please click on the link to read the article to learn about how to sew a face mask (<https://www.thetimesinplainenglish.com/how-to-sew-a-face-mask/>). You can also simply use the second attachment, if you do not have internet connection.
3. **Multiple choice:**
 - a. If you have internet connection, please go to <https://docs.google.com/forms/d/e/1FAIpQLSciQodIELOk-adBJ8YXZ8Db5vaPJumS7Gl6m9wdLPdYCWjZ6A/viewform> and follow the instructions there to answer the questions.

- b. If you do not have internet connection, please open the third attachment “How to Sew a Face Mask 3--Google Forms” to answer Questions 4-8. You can find the answers the end of the instructions.

I hope you find this assignment meaningful and helpful! Stay healthy!

Fondly,
Matilda

Answers to the Multiple Choice

Question 4: 3

Question 5: 1

Question 6: 4

Question 7: 5

Question 8: 4