

Cloth or Disposable – Mask Fit is Most Important – interview transcripts

SOT

Lori Grooms, Director of Infection Prevention, OSF HealthCare

“A rated mask is going to filter out more than a cloth mask. That's not rocket science. We did know that. In the beginning with COVID, we didn't have the mass manufacturing of masks like we do now, so we have masks more readily available.” (:16)

SOT

Lori Grooms, Director of Infection Prevention, OSF HealthCare Unknown 2:51

“It's more about the fit, making sure that it covers your nose. It comes under your chin and it fits the sides of your cheeks to avoid those gaps. So if you have a well fitted cloth mask, and you're comparing it to a looser fitting disposable mask that well fitted cloth masks may be more protective.” (:18)

SOT

Lori Grooms, Director of Infection Prevention, OSF HealthCare Unknown 2:51

“It's been about two years, you know, we've been wearing these same masks for two years. You know, it's time to probably either pitch them and get new or you know, hold them up to the light and see how much light you can see coming through, because as you wash things or launder them, it shrinks the fibers. It makes the fibers thinner so they aren't going to capture things as readily.” (:22)

SOT

Lori Grooms, Director of Infection Prevention, OSF HealthCare

“If you have a well-fitting mask, it's not necessary. The double masking really was to try to ensure that better fit. So CDC has a recommendation if you're wearing a disposable mask with gaps. You know you can put on a cloth, a cloth mask that's going to give you that better fit.” (:18)