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# One more paper towel, longer protection



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## THERAPEUTIC CHALLENGE

COVID-19 is currently wreaking havoc all over the world. Owing to the shortage of surgical mask resources, the life-saving use of surgical masks has become a prominent topic of the public. The life cycle of a surgical mask is usually approximately 4 hours.

One of the factors that limits the effective useful life of the surgical mask is the high humidity of the wearer's expired air and the splutter that lead to moisture being trapped in the masks.<sup>1</sup> This not only leads to growth of bacteria but also irritates the delicate facial skin.

## THE SOLUTION

Paper towels, which are daily necessities, are highly absorbent and low priced. The surgical mask with a paper towel significantly reduces the amount of water vapor and the splutter exhaled from the mouth. To ensure the ability of the paper towel to absorb water vapor, the paper towel may be properly folded in half (about 1-2 times, moderate thickness), forming a rectangle. The size of paper towel should be adjusted according to the mouth position and within the range of the mask. Then the folded paper towel is placed on the inside and middle of the mask (Fig 1).



**Fig 1.** Descriptions of steps: (A) paper towel, (B) surgical mask, (C) the folded paper towel is placed on the inside and middle of the mask.

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Finally, put on the mask. The paper towel can be changed when you feel uncomfortable or at 30-minute intervals. Through our practice, the mask with a paper towel is more moisture resistant than without it and skin friendly. We hope this idea will be conducive to the prevention and control of COVID-19.

**REFERENCE**

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