

COVID-19: FACE COVERINGS

Tips for Use in Warm Weather



There is a small risk that wearing face coverings will make adults, children, athletes, and especially those already diagnosed with pulmonary or cardiac illnesses, more susceptible to breathing difficulty and heat stress in warm weather. That said, wearing face coverings still is very important right now to help stop the spread of COVID-19, and required of manufacturing companies operating in Massachusetts (protocol we are following at all of our locations to be safe).

We ask that you pay very close attention to your body this summer as temperatures climb and you wear a face covering. Below are tips to respond to issues you may be having or will have wearing a face covering as the weather gets warmer. Please reach out to EHS (Matt, Chris or Tim) with any additional questions or concerns.

- Symptoms of heat stress or overheating or respiratory difficulties include severe tiredness, very fast heart rate, lightheadedness, dizziness, and/or severe panting. **If any of these occur, leave your work area immediately and go to a break room, sit down and hydrate to cool down. Take a few breaths. If you feel faint at any time, take your mask off immediately and notify a coworker to summon help.**
- To avoid getting to the point of overheating, we recommend taking more frequent breaks and staying hydrated. We are working to make liquids available to you at your work stations.
- If your face covering gets wet from sweating, it can make breathing more difficult. Have a backup mask or other face covering on hand and change the wet covering or mask to a dry one. We are ordering additional disposable masks, so we'll have more on hand for those in need.
- If you are using cloth face coverings, make sure to choose a light cotton fabric that's cooler on the face and more breathable. We currently are looking at options we can source as well.
- As a reminder, if you have a personal medical condition which places you at risk when wearing a face covering, please contact EHS immediately and we will look at other options. We appreciate your support and ongoing effort to help keep our community safe and healthy.