

## *Strategies for Caring for the Nurse: Home Recipes*

- ***Do it yourself: Clorox Wipes***
  - *1 cup water*
  - *2 tsp bleach*
  - *2 tsp dish soap*
  - *6 drops essential oil (optional)*
- ***Do it yourself: Lysol Wipes***
  - *1 cup water*
  - *6 Tbsp 91% isopropyl alcohol*
  - *2 Tbsp dish soap*
  - *6 drops essential oil (optional)*
- ***Do it yourself: Baby Wipes***
  - *1 cup water*
  - *1 Tbsp liquid baby bath soap*
  - *2 Tbsp baby oil or coconut oil*
- ***Do it yourself: Gentle Disinfecting Wipes***
  - *1 cup water*
  - *6 tsp white vinegar*
  - *2 tsp dish soap or baby shampoo*
  - *6 drops essential oil (optional)*

***Soak paper towels or fabric in solution.  
Wring out to “just moist enough”  
Store in airtight container***

### **No hand gel at the store?**

Make your own - it's simple!

Buy rubbing alcohol (preferably at least 91% isopropyl alcohol since the final product needs to be at least 60%) and plain aloe vera gel (It's usually near the sunscreens.) Mix 3 parts rubbing alcohol with 1 part aloe vera gel. Use a funnel to pour into a dispenser. Voila! Proper hand washing with soap and water is better but is not always available.

**Bleach and ammonia** are two common household cleaners that should never be mixed. They react together to form toxic vapors!!!

**\*\*Also – do not use more than directed, use caution when mixing, wear protective gear, ensure good ventilation!**

**Lastly, please store ALL chemicals out of reach of children.**

## ***Do it yourself: Handmade Face Masks***

### **Use of homemade masks:**

In settings where facemasks are not available, HCP might use homemade masks (e.g., bandana, scarf) for care of patients with COVID-19 as a last resort. However, homemade masks are not considered PPE, since their capability to protect HCP is unknown. Caution should be exercised when considering this option. Homemade masks should ideally be used in combination with a face shield that covers the entire front (that extends to the chin or below) and sides of the face. (CDC. (March 17, 2020). Strategies for optimizing the supply of facemasks. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/face-masks.html>)



Patterns for homemade masks can be found at the following sites:

- <https://www.sewcanshe.com/blog/5-free-diy-face-mask-tutorials-using-fabric>
- <https://www.craftpassion.com/face-mask-sewing-pattern/>
- <https://so-sew-easy.com/face-mask-sewing-patterns/>

In some cases, the suggestions for filters vary.

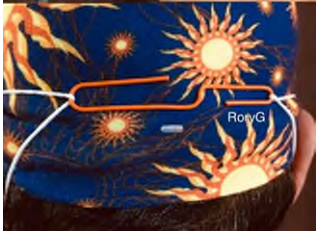
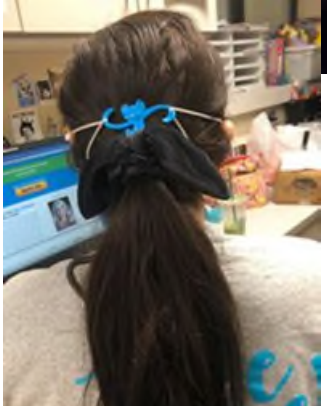
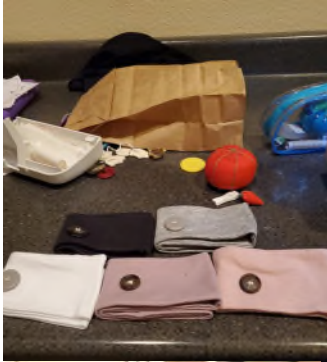
- If you add a filter pocket, suggestions include:
  - HEPA vacuum cleaner bags (cut to fit), non-woven interfacing (usually polyester - varying thickness), HEPA furnace filters (need to ensure correct side for face is used).

It is advisable to use NIOSH approved PPE at all times but follow institutional protocols and all of these would be better than nothing or a scarf/bandana!

### ***Additional Reading:***

Mason, D. J., & Friese, C. R. (2020). Protecting health care workers against COVID-19 – and being prepared for future pandemics. *JAMA*. Retrieved from <https://jamanetwork.com/channels/health-forum/fullarticle/2763478>

MacIntyre CR, Seale H, Dung TC, et al. 2015. A cluster randomised trial of cloth masks compared with medical masks in healthcare workers. *BMJ Open* 2015;5:e006577. doi: 10.1136/bmjopen-2014-006577



## ***MORE GREAT INNOVATIONS!!***

### ***How to protect your ears from prolonged masks wearing!!!***

Try using a headband with two buttons sewn onto the sides where the ear elastic can sit and not put pressure on your ears!

Other solutions?

- Try a paper clip
- Commercial plastic ear protectors
- Use your pigtails
- Crochet a small band and sew buttons on both ends to loop the ear elastic around

### ***How to protect your skin from prolonged masks wearing!!!***

***Two major problems exist from prolonged mask wearing:***

1. Masks can produce tremendous prolonged pressure on delicate facial tissue, particularly across bony areas like the nose
2. Masks can trap heat and humidity which can lead to greater skin irritation

***What can you do?***

- Avoid wearing makeup
- Keep your skin clean
- Keep your skin moisturized (best applied ½ hour before donning the mask)
- Provide your skin breaks every two hours if you can
- Avoid dressings – this changes the fit of the mask