

Webinar: CDC Cat 3 Webinar 3 - Masks and PWD

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>> Carolyn Philips: Hello, everyone. So glad you're with us. We'll get started in about 2 minutes. Really wonderful to see everybody coming on. Thank you.

>> Carolyn Philips: Welcome, everyone.. It's great to see everyone joining. We're going to get started in one minute. So glad you're with us today. We'll get started shortly. Just letting more folks in the room.

>> Carolyn Philips: All right. Tori and Sam, if you can go ahead and mute everyone, we'll -- we have a bunch of folks still entering the room. I'm so glad all of you are with us. Thank you for being with us today. We'll get started in just a moment.

All right. If we can go ahead and record that would be wonderful.

>> Carolyn Philips: Hello, everyone. Hello.

Welcome. We are excited to have all of you from all over the country, all the states and territories. I'm glad you're here with us as we're talking about in this part of the COVID-19 webinar series taking a closer look at face masks and folks with disabilities. There's a lot to think about here. We have heard from all over the country that this was an important topic and we're thrilled to be doing this presentation today with all of you.

I'm Carolyn Philips. We'll move to the next slide.

I am honored to serve as the director of Tools for Life, and I am so glad that all of you are with us. I work at Georgia Tech with Liz Persaud at the center for inclusive design and innovation. I also get to serve as the director of Tools for Life. I'm thrilled that we have Heather Johnson who is on our team doing the captioning. Liz will talk about that in a moment. Also very happy to have our colleague Hannah with us today who is our interpreter. Thank you Hannah.

I'm going to turn it over to Liz.

>> Liz Persaud: Hey, everyone. I'm Liz Persaud. I'm the coprincipal investigator for this wonderful project that we're working on with the CDC and CDC foundation. Every day I serve as the program and outreach manager for Tools for

Life which is the assistive technology program here in Georgia and we're all part of the center for inclusive design and innovation at Georgia Tech. I'm excited to be on the line with you talking about this very important topic. I wanted to share a couple tips about today's session before we jump into our content. I want to let everyone know we are recording today's webinar. The recording, the transcript, the PowerPoint and other supplemental materials will be made available to anyone. We'll post that on the website and send out messages. Carolyn said we have the wonderful Heather providing captions today. You can click the show subtitles or click on this specific link to view the StreamText of the full captions. We'll get a link to put in the chat. If you're not actively speaking, please mute your microphone. Those who were introducing yourself in the chat window, thank you so much. Please use that chat window throughout our time together to ask questions or post comments throughout today's presentation. Carolyn, myself and others on the team will be keeping an eye on that and will be reading some of those throughout today's time together. We'll have an opportunity at the end of the session for anyone to raise their hand, use that feature for Q&A portion and we'll go through questions in the chat.

I want to let you know we have a record number of people on today's webinar. We're excited about it. We'll do our best to get to everyone's questions. If you need us, you'll

know how to reach out to us. We'll have someone type in our contact e-mail information. We're offering continue education credits for this webinar as well as all webinars in this particular series. CEU and CRC's are the ones we're offering. CEU are distributed by AAC and the CRCC are distributed through the CRCC. If you're interested in receiving those reach out to us at training@GATFL.gawtech.edu. Anyone eligible of credits will receive them within 2-6 weeks after the webinar. So be on the lookout.

All right, Carolyn.

>> Carolyn Philips: All right. Thank you so much, Liz. Really appreciate that. So thank you so much to our funder. We have absolutely enjoyed working with the CDC foundation and making this webinar series possible. Thank you very much to the Centers for Disease Control and prevention for the technical assistance they have provided. As you heard, we are from the center for inclusive design and innovation here at Georgia Tech in the College of Design. We're focused on all things accessibility. This has been incredibly exciting to apply our knowledge to this area of public health and working with partners over the country. We specialize in accessibility consulting and ICT, Information and Communications Technology consulting so making websites accessible. Also doing UX, user experience, testing and focus groups and all of that around accessibility. We provide braille services and are thrilled to

have been able to work with the CDC foundation to get so many materials in braille formats and they are actively in the mail going out to states and territories as we speak. Getting information about COVID-19 to the folks that need it. We also specialize in the area of serving folks who are deaf and have hearing related disabilities through captioning and described media services and we provide an amazing service when it comes to e-text, electronic text, and making all of these materials accessible. We also have a certified assistive technology team; Tools for Life is the program that that falls under. You'll hear more about that. Some of the solutions when it comes to wearing masks have come out of our Tools for Life team. Brainstorming and problem-solving and working with folks. So some of what we're sharing with you is what we have tested and looked at. We're thrilled to be celebrating 30 years of Tools for Life. Welcome and we'll move to the next slide.

Our session today really is as I started out, we're looking at all things when it comes to COVID-19 and looking at masks and how all of that can help individuals. So our description here in order to reduce the spread of COVID-19, the Centers for Disease Control and prevention, CDC and many state and local governments recommend wearing a mask, a face masks or face covering in public places and around folks who don't live in the same household. In addition to other prevention measures such as handwashing, social distancing, and

some disabilities make it more difficult or impossible to wear a mask. So we'll talk about that. Some individuals with mobility movement disorders have difficulty putting it on, adjusting and/or removing without assistance. This webinar is really going to outline what the CDC face masks guidelines are and explore solutions so we can help folks problem-solve here and some of the challenges that people with disabilities experience in attempting to follow guidance. You're going to receive tips and guidance and as we said, you can reach out to us and we can continue the conversation.

The learning objectives are well defined here. Upon completion of this webinar we hope you will be able to describe at least 3 challenges that individuals face when it comes to wearing masks. Be able to list 3 tangible solutions, challenges regarding wearing face masks.

>> Certain people with disabilities can't wear a mask.

>> Carolyn Philips: That is true. We'll be getting into that. We have some slides that we're going to address in just a few minutes about that. We also want to make sure that you can identify some of the resources that are out there to help support health for folks with disabilities, individuals with disabilities. We have a lot to cover today. We're excited to be covering all of this with you.

So, when talking about COVID-19, the virus and

the disease, the pandemic that we're facing is caused by a virus. Some people, you know, aren't totally sure about some of the things that all of this comes about but there's a lot of good information out there. When talking about the virus, it's severe acute respiratory syndrome COVID 2. The disease it causes is called coronavirus disease 19 or COVID-19. So understanding the virus and the disease as we're moving through this.

So there's a lot of evidence of the effectiveness of masks. When talking, I like this next slide it has an image that says buckle up and there's a slash through it "mask up." Mask up, the life you may save may be your own. Researchers analyze the information from 44 mask studies involving more than 25,000 folks. Wearing a mask reduces the chance of infection by more than 80%. That's a high percentage. Combined with handwashing and social distancing the reduction is even greater. So that's part of why we want to take this moment, this time to explore all of this and come up with and share solutions with you.

The next slide I think sometimes looking back is helpful. This is an image from 1918 where there's a group of folks -- a black and white photo. It has a caption underneath that says California 1918. All of them are wearing masks. A mixture of men and women. There's one person who is wearing a mask with her nose hanging out. That's not how you should wear

a mask. We knew masks worked then. We had masks mandates back in 1918. Yes, some people wouldn't cover their noses back then. We thought this was an interesting moment that they captured in 1918 especially in light of what we're facing today.

The next slide we're talking about masks are one of the key parts of protection. Masks really offer protection to you and all of those that are around you. In case you are unknowingly affected which does happen. We know folks are positive and they don't know that they have that. A mask is not a substitute for social distancing. We want to make sure you're aware of that. Masks should still be worn in addition to staying at least 6 feet apart. Handwashing. Wash */KW* soap and water for at least 20 seconds. There are cool technologies that we talked about in the first webinar that actually you can use it with a watch, there's an app that will count out the 20 seconds. You can sing happy birthday twice. Use hand sanitizer with at least 60% alcohol after touching or removing your mask. Sometimes people forget that. Even as you're touching or removing it, you need to wash your hands.

The right kind of mask worn properly combined with social distancing and handwashing does help. All of these slides in this webinar you'll have access to. So please do help us spread the word about all of this. Know that there's good information throughout this that you can definitely share with other folks. One of the questions actually we just heard

somebody ask: Does everybody have to wear a mask?

You know, there's some good guidance from the Centers for Disease Control and prevention, CDC. The guidance says everyone 2 years of age and older should wear a mask in public settings and when they're around people who do not live in their household. Individuals caring for someone who is sick with COVID-19 whether at home or in another non-healthcare setting should also wear a mask. Anyone who is sick with COVID-19 or thinks that they might have COVID-19 should wear a mask when they need to be around other people or even animals in their own home. So that's part of what folks need to consider. It's good to know that. The next slide is about who should not wear a mask. The CDC recognizes that there's specific instances where wearing a mask is not feasible. So there are ways to adapt or alternatives when someone is under 2 years old, anyone who is having trouble breathing, anyone who is unconscious, incapacitated or otherwise unable to remove a mask without assistance. Wearing a mask may be difficult for some people with sensory, cognitive or behavioral issues. If a person is unable to wear a mask properly, they shouldn't wear one. Adaptations or alternatives should be considered, and we'll share more of that in a moment. We wanted to think about CO₂ levels. A lot of times I heard recently and it's a common misconception that wearing a mask does not raise the carbon dioxide, CO₂ level in the air you breathe. A cloth mask does

not provide an air tight fit across the face. The CO₂ level escapes. The CO₂ escapes in to the air through and around the sides of the mask when you breathe out or talk. The CO₂ is small enough to pass through any cloth mask material. In contrast, the virus that causes COVID-19 is much bigger than CO₂. So it cannot pass through a properly designed and proper worn mask. So we wanted to clear up that misconception. Liz, would you like to jump in on the next few slides?

>> Liz Persaud: Thank you, Carolyn. So the next few slides we're going to talk about what type of mask is appropriate? There are different types of masks out there. We probably all own a number of each of them. Let's go through and talk about the differences, and some of the details with each of these masks. Cloths masks are most popular, most effective fabrics are the ones with 2 or 3 layers. You want tightly woven fabrics and cloth masks are very breathable. Upper-left corner of the slide shows an animated image of the 3 layers of what a cloth mask could look like.

So less effective cloth masks, there are some out there. We want to stay away from loosely woven fabrics. If you look at the image there there's an image of someone wearing a mask and that's not a tightly woven fabric. So we want to stay away from that. Difficult tool breathe through such as leather or plastic, let's not do that. Single layer like t shirt, bandannas or neck gators are less effective.

Non-medical disposable masks are good. Disposable masks are single use masks. It's important to keep that in mind that we wear them once and then we remove them appropriately and throw them away. These are not the same as surgical or other medical masks like the N95 mask. You may prefer using a disposable mask when your mask is likely to get dirty or wet. As with the cloth masks you want to make sure your mask fits closely to your face without gaps on the sides or top and it completely covers your nose and mouth. I have a bag on my power wheelchair, and I have a little COVID prep bag if I have to head out of the house or run errands and I have extra disposable masks in there, sanitizer and wet wipes. If you're using these disposable masks, keep extra ones on you. Put them in certain areas in your car so they're always with you. Masks for healthcare workers. We advise do not use surgical masks and N95 or KN95 masks that are meant for healthcare workers. We all have seen on the news and know information that surgical masks and respirators are critical supplies and often times are in low demand. So we want to reserve these for healthcare workers and other medical first responders so that way we're all helping to prevent supply shortages during this time. There's some masks out there with exhalation valves or vents. The CDC does not recommend using masks with exhalation valves or vents because this type of mask doesn't prevent you from spreading COVID-19 to others. The hole in the material may allow

respiratory droplets to escape. Research on the effectiveness on this type of mask is still ongoing but the CDC recommendation is we stay away from these types of masks with these exhalation valves or vents.

Carolyn, do you want to cover this?

>> Carolyn Philips: Absolutely. It looked like a few folks had some points about this already in the chat. Correct, the ADA does -- when we're considering that when we look at masks there's a question: does the Americans with Disabilities Act, ADA, exempt people with disabilities from mask mandates. If a person with a disability is not able to wear a mask, state and local government agencies must make reasonable accommodations so the person with a disability can benefit from the services offered. Some examples of modifications include businesses offering curbside delivery of groceries and meals to the car, healthcare providers offering telehealth visits where possible. Allowing people to remain in their vehicle until the time of their appointment to minimize contact with individuals. Also offering online orders with home delivery by third party services. The next slide we're actually talking about when businesses do not have to accommodate individuals with disabilities. After exploring ideas for reasonable modifications there may be rare -- we mean very rare instances when it is not possible to accommodate an individual. A business does not have to provide a requested

modification if doing so would create a direct threat to the employees or customers and/or a fundamental alteration to business practices. So thinking those things through. We do know that masks there are challenges here for people with disabilities. We also know that mask challenges when talking about folks with disabilities that this term of disability is very broad. There are literally millions of folks with all types of disabilities. I'm one of those folks. Not all disabilities are visible. You can't see everybody's disability. Many individuals with disabilities have difficulty wearing masks or specific types of masks. Not all people with the same disability respond the same way and we need to keep that in mind. If possible, even those unable to wear the recommended masks should seek an alternative form of protective covering and we'll talk about that.

When talking about for example folks who are deaf, we know American Sign Language -- one of my favorite languages -- it is very visual. It's heavily dependent not just on the hand signs but also on the facial expressions. Deaf individuals who communicate with sign language or use lip reading can't always communicate effectively if you have a mask covering their face or what have you. It's really about the communication. This is a true thing to consider when thinking about social situations, stores, healthcare situations and other places of business.

So, keeping those things in mind. On the next slide we are also -- this is a question we have had often. There are so many folks that wear hearing aids. So considering all of that, there was a survey of older adults with over the ear hearing aids identified several difficulties associated with wearing a mask. They have discomfort in addition to their hearing aid. The loops sometimes get entangled in the hearing aids. There have been challenges for people who have low vision or blind. While most blind individuals or individuals who are blind can wear masks they also have expressed some issues and we have heard about that and definitely talked with folks. So it could be locating the personal mask, differentiating their mask from others in the household is an issue and avoiding possible contamination to their mask. So those are things to consider.

Another challenge is people that have very small ears or no ears. So putting on a mask and keeping it in place. So we have found the most common solution here the ear loops is not necessarily possible. So problem-solving for that. Another area that we have to be thoughtful about is when thinking about cognitive sensory, behavioral related disabilities. Thinking about that. Some people of any age with certain disabilities may have difficulty wearing a mask and these factors that could be contributing to this is sensory to certain fabrics, inability to avoid frequent touching of the mask or face,

inability to limit sucking, drooling, sometimes having excessive saliva on the mask can be an issue, inability to actually put on and remove the mask without assistance. So some of the folks that have reached out that have expressed these concerns specifically are within those areas of folks that have autism, sensory processing disabilities, post-traumatic stress disorders, even fibromyalgia and chronic fatigue syndrome. Also children and adults with seizure disorders. Not being able to see someone's face it could be a safety issue. If they have distinctive pre-seizure facial expressions. A significant percentage of children and folks who have autism also have seizure disorders. So thinking about that in addition to some of the other issues when it comes to trauma survivors. The mask may feel like it's suffocating for people with post-traumatic stress. So it actually increases anxiety. Seeing a mask on someone else may be a reminder of a perp traitor. There's a quote here speaking directly to this. It's a woman who said it immediately reminded her of when she was deployed in Afghanistan in a confinement situation where she couldn't breathe, and the mask triggered her post-traumatic stress disorder from her service in the military. So thinking about those situations. That's part of what we're talking with you about.

So as we move to the next section, where we talk about masks and adaptations and alternatives we want you to

know we're thinking about how to problem-solve this. We have an image here where we have folks who are wearing cloth masks and then there's a clear area. They're two people and are wearing black masks and then clear so you can see the lips. Clear masks can benefit individuals who are deaf or sign, people reading lips, teachers, caregivers, family and friends. The thing to consider is making sure the user is able to actually breathe easily, doesn't have excessive moisture collect in the mask. I've seen some fog up but I think they're getting better. And removes the mask before sleeping since the plastic could be part of a seal around those to make it hard to breathe. So thinking about those important considerations.

Another thing to think about when it comes to clear masks it can help people who need to see faces. That includes infants who are learning visible face expressions, young children who are learning language, students who are learning to read, students learning a new language, also people who need to see the proper shape of the mouth for making appropriate vowel sounds, singing et cetera. So all of those things are important to consider.

When talking about clear masks, a lot of folks bring up what about face shields and goggles. The CDC does not recommend using face shields or goggles as a substitute. Early on folks were doing that but if people are using a face shield or goggles, they are indeed using a mask. Do not put a plastic

face shield or mask on new borns or infants. At this time it's not known how much protection a face shield provides. When wearing a mask is not feasible in every situation for some people, it does provide a limited barrier. It's not a replacement for the mask. The face shield and goggles are used to protect the eyes. The goggles don't cover the nose and mouth. Face shields have a large gap sometimes where respiratory droplets can escape.

Clear hoods. That's another thing that I think a lot of us have seen. So clear hoods afford limited protection to children who cannot wear masks, especially against exposure to the virus from greater height. Someone who is up higher and minimize touching of faces or eyes. They're not a substitute for children who can tolerate a mask. So if the child can tolerate a mask then that's a best solution.

The expanded facial visibility may facilitate early identification of seizures. So keep that in mind as we were talking about. For people who cannot tolerate masks. And full over the head hoods with closings may be an alternative for some individuals who can't tolerate fabric touching their skin. We have seen some success there. Identification for our friends and colleagues and family members who have vision related disabilities or who are blind. What we have found is that high contrast masks with solid colors or masks with a textured fabric can make it easier to locate for some folks and

also to identify this is mine and that's yours. Masks with different styles, shapes, textures from other members of the household is really helpful. It allows people who have low vision or blind to be able to distinguish it. Just a couple tips here for sorting. You can get two small bags with different textured or containers to separate clean from dirty masks. Also putting dirty masks in a small mesh laundry bag so they can be laundered and separating that. So there's several strategies we have found successful here.

Another thing when talking about some of the issues when it comes to folks who have hearing aids or people who may not have ears, using a behind the head fastener or extender can really help. That can be the problem solved right there. As an alternative to the ear loops. I have found for some of our folks that we work with with sensory related disabilities that can also help. So behind the head fastener or extenders benefit individuals without ears or very small ears. They also help folks who find those ear loops uncomfortable. There's some masks I have used where I find it uncomfortable. And people who risk having mask loops entangled in their glasses or hearing aids. So that solves the problem for a lot of folks.

Another alternative to the ear loops when talking about the mask adaptation is anchoring the loops. Thing about it from that perspective. There's some really creative

solutions out there. You can make an extended to connect the loops behind the head. That could be a large plastic or vinyl clip, it could be a ribbon, a ribbon with buttons. You can use wider elastic or fabric ties with elastic across the back of the head instead of the ear loops. There's pictures here showing that. There's a picture here that shows the way that a plastic device that's S shaped is used to wear the mask ear loops being held that way. Also examples of the buttons. So attaching the ear loops to a head band there's a picture here that shows that. Or a bandanna where buttons are shown on to the head band. My daughter has one of these solutions. It can also be used with a ball cap where you can put the buttons and use that as the loop. And using ties instead of the elastic loops so it actually goes all the way around. So lots of solutions.

Liz, I will turn it to you.

>> Liz Persaud: So we're going to talk about strategies for caregivers of those who have difficulty wearing masks. So if any of you are caregiver that you assist, these are helpful tips. Obviously we recommend that you ask your healthcare provider for advice. They're going to be able to give helpful tips and strategies to work around that difficulty. Ensure proper mask size and fit of the mask. Obviously that will make it easier for someone to put it on, take it off and wearing it for extended periods of time as

well. It's important to prioritize wearing a mask when it's difficult to keep at least 6 feet apart from individuals. When standing in lines at school or at the store. When is the most important time to wear a mask and prioritizing. It's important to remove the mask from a person when they go to sleep. If they don't have the physical ability to remove the mask themselves, be mindful of that. So be mindful of folks being safe especially when they can't physically maneuver the mask. So we have a couple resources here for masks. Where to buy disposal or cloth masks. Cloth masks are available online, Esty, Pinterest. You want to avoid nits, plastic vinyl. It's important to reiterate you want to make sure it fits over your nose, below the mouth and fits snugly against the-face. Disposable masks are available at pharmacies and Amazon. They are readily available. Some folks have shared some helpful resources in the chat. I encourage you to look at all of that. Other resources. Patterns for masks. If you sew or have a family member who loves to sew, doing this allows you to make it personal. It's more fun when you're able to shop online and pick out fabrics that match your outfits or if you want to show team spirit for your school. So think about making it fun and personal. Numerous versions of cloth masks have been introduced this year. They're all available online. I highly recommend checking those out. Lots of great information there. There's some tips from makers. People who sew, quilt and craft have

been able to fill in the needs of creating masks and selling and shipping them out. So dive deeper into some of those resources as well. Fabrics for masks. Where do you buy cloth for masks? Search for 100% cotton or 60% 40% blends. Some chain stores have fabric sections. Avoid the decorator or fancy fabrics. They can be heavy and not flexible and uncomfortable wearing. Local or online quilt shops are good sources. [Reading from PowerPoint]. There are great resources there. We also just encourage to think of alternative ways. You can buy a set of 100% cotton pillow cases to make a few masks as well too. They come in all kinds of fun colors and patterns.

Thinking about where to buy elastic for the ear loops and nose pieces. Most ear loops are made from quarter inch elastic. Some wearers find jewelry elastic more comfortable. This elastic is 1/2 inch but is better for extenders. Elastic that is sold in small packages and by the yard. Elastic can be found in some chain stores. Some people find elastic to be uncomfortable. Especially if you have to wear a mask for an extended period of time. So another helpful tip is some mask makers buy children's leggings and cross cut sections to make soft ear loops. They are allowed to roll the fabric. So tips to elastic and alternative ways. Nose pieces are optional. You can find oft aluminum on places like Amazon.

All right. So, I know there's a lot of chat happening, a lot of questions. Y'all have been helpful sharing

resources and personal stories. I know we'll have some of the team read out questions too. While folks are getting some of those questions pulled up, I want to remind everyone of additional webinars that are coming out in this series. We're excited to bring all of these to you on December 16th we are going to take a look at mental health and resilience within the disability community during COVID-19. So that's happening next week. We'll resume in the new year in January and talk about making social media accessible for people with disabilities and early February we'll dive into guidance for businesses and employers, especially when it comes to considering the needs of people with disabilities during COVID-19. Carolyn?

>> Carolyn Philips: Excellent. I am really appreciative of all the great information and thanks for all the positive feedback. I'm so glad to hear that this is helpful information, and I hear you definitely on the colors and all of that making the masks fun. Just like you were saying, Liz. I see that's happening where some people have suggested that within the chat.

Also I agree about the fogging. I think early on that was a big issue. Right on about the way folks have been able to solve that with nose clips or glass clips. Also helping people understand that not all disabilities are seen. They're not all visible. There are absolutely barriers for some folks and helping problem-solve and offering some solutions. There

was a comment in here that it looks like somebody would like to blog about this. Absolutely. We would love it if you share it with us. I love being a part of this community, our community and the more that we get the information out and learn from each other, the better. One of the things I love about our work at Georgia Tech and the disability community is we're all problem-solvers. So helping solve these challenges that exist out there. So are there some questions, Sam? I think you were going to read some to us. We're happy to answer questions that you have. I'm happy to get back with folks too if we can't answer the question immediately. Sam, what do you have?

>> Sam Peters: If anybody has any questions feel free to put those in the chat and we'll try to get those answered for you.

>> Tori Holder-Hughes: I have one. This is Tori with CIDI. We had one come directly to the host. It asks are local health department is requiring us to wear N95 masks but the ones we have are very large. I have gaps above and below my chin. Can you buy these in different sizes and how effective are they when they are this large?

>> Carolyn Philips: That is a great question. So the masks do actually come in different sizes. Being able to get the right fit is important. Often with the N95 -- it sounds like definitely in healthcare situations that's important. Clearly we want to make sure that because of the critical need

out there that the frontline and healthcare folks do have the N95 masks. But yes making sure that you can get the right fit. So you can get them in different sizes. Straps, adjusting it can be helpful too. I'm glad you're advocating for the right fit and the right size. We definitely hear you.

>> Tori Holder-Hughes: A follow up to that question was we were also told by our employer that these masks can be worn many days or even months. Is this true?

>> Carolyn Philips: So that is -- yes I will look that answer up and absolutely look more into the guidance. I know there's been a lot of discussion around that. It's not always the recommendation. So we will look that up and we'll get back with you about that. Important question definitely.

>> Sam Peters: We have a question from Julian that says how do you address families that are not compliant when working with someone with a cognitive disability and conflict resolution ideas?

>> Carolyn Philips: I've been in that situation. I feel for you and for the situation. What I have found is it's making sure people have the facts, the information. As we started out this webinar talking about how significant the positive impact is of having a mask and really getting to what's the true issue. What's really happening? And then problem-solving for that. That's where some of the suggestions and solutions that we've been able to share have come from. For

example, somebody who doesn't have ears or small ears, let's figure out another way. A button. If somebody has issues with textures, figure out a way. Let's figure out the right texture. I think it's being patient with folks and then also coming back with solutions. I'm happy to problem-solve that with you. There are a lot of folks in the same situation. They are able to successfully navigate a lot of that. If you're not speaking, if you can mute that would be great. I hope that helps you. Happy to discuss that in more detail with you.

>> Sam Peters: We have a question: I'm curious about risk benefit for people who struggle to remove a mask consistently on a regular basis. Recommendations are black and white, but mobility is not.

>> Carolyn Philips: Yes. I understand. That's important as we look at the guidance. Can you remove the mask independently? There's been some really cool devices that some folks have come up with specifically just to remove the mask and put the mask on. Kind of like reachers or something you would use for dressing. Liz, anything you want to add to this one?

>> Liz Persaud: You covered it well, Carolyn. I'm unable to lift my arms up to my face. So I'm 110% relying on folks to get my mask on and off. If I have an itch on my nose or anything like that. At home I have an extender back scratcher that I use to grab papers around my desk. I have used

that successfully to pull the loop off of one ear. So those are low-tech solutions. It can be difficult as well. Communication is important. Thinking ahead for those with mobility issues when you're physically dependent you have to be 2 steps ahead sometimes. So some of the tips and strategies of prioritizing the times you wear them. Think about low-tech AT solutions are fun to dive into and see if there's anything you can help you.

>> Carolyn Philips: Thank you. That's helpful. I think someone was asking earlier about higher ed, colleges, universities and technical schools. Some of the many challenges that folks are facing when it comes to students with disabilities. Some of them not being able to wear a mask and what are things to think about with that. Really and truly it comes down to the accommodation and reasonable accommodations. What we have seen and problem-solved with folks around the country is coming up with is there another way for that person to access the educational information? Is there virtual ways to do that so that everybody is safe? It's important to be mindful that some of these solutions it may be coming up with that alternative environment or a different way for the person to participate. Once again I'm happy to talk with you about that and explore any of that with y'all. Great question. Other questions?

>> Sam Peters: I'm reading through.

>> Liz Persaud: As we're collecting more

questions I want to remind everyone that we're recording and will post this webinar, the transcript, the message chat and the accessible PowerPoint on our website. If we can get someone to type in the website for the project that would be great. We encourage you to check out this website as well too.

>> Carolyn Philips: We also encourage everybody -- there are several questions that folks have had -- the CDC guidance is outstanding. I'm referring people all the time to the CDC guidance. We defer to that all the time obviously. You can check out the guidance and we're happy to get back with you if you have other questions. We do appreciate your time today. Sam, do you see any other questions as we wrap up?

>> Sam Peters: I see a lot of people ask if we're going to have the presentation archived. The presentation is recording, and the transcript will all be archived on our website after the webinar by the end of the week. So be on the lookout for that.

>> Carolyn Philips: Thank you. Thank you all for this positive feedback. I'm seeing so many thank yous. We do appreciate you. I'm going to turn it to Liz so she can give you survey information and then we'll move forward.

>> Liz Persaud: Thank you all for being on with us. We're thrilled to have you and appreciate the healthy chat resources, comments that are coming through throughout today's

presentation. We had somebody share the website where the archive will be posted. I think if we can get someone to share that again. We ask that you click on this link. It will be in the chat as well too. This will take you less than 5 minutes. We want to hear about other topics and how we did and really truly if there are other topics when it comes to COVID-19 and folks with disabilities in our community. So please take a few moments to fill out that survey. We would appreciate it.

>> Carolyn Philips: Thank you, Liz. I always love presenting to you. Thank you to Trish Redmond. We're thankful to our funder, the CDC foundation and we appreciate Sam and Tori for working behind the scenes and helping with the logistics. We appreciate Heather Johnson for this excellent captioning and Hannah Bull, thank you, thank you, thank you. Outstanding job. Please keep in touch and keep those questions coming. We hope that all of you will be safe and well. Let us know how we can help. Take care, everybody.

>> Liz Persaud: Thank you.

>> Carolyn Philips: Thank you. Bye, y'all.