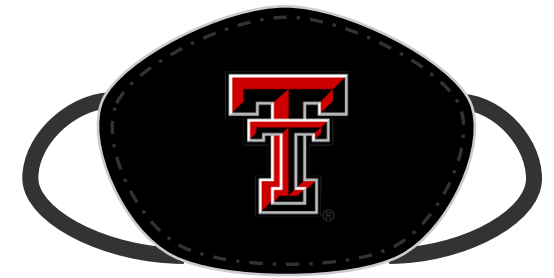


CPE CHALLENGES & SOLUTIONS

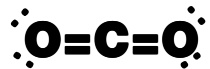


Eyeglasses fog.

Solution: Add a wire to the bridge of your mask to improve fit; fold a tissue and place over the bridge of your nose under the mask to absorb moisture; coat both side of lens with plain shaving cream and wipe off or rub a single drop of original dawn dish soap on, rinse off with water and air dry. Avoid products with lotions.

Sinus issues.

Solution: Avoid re-wearing a disposable covering and wash reusable masks daily. Taking frequent breaks outdoors can also help minimize congestion.



CO₂ Builds up.

Solution: Try a covering with different construction materials; take regular breaks outside from your face covering.

See <https://www.reuters.com/article/uk-factcheck-coronavirus-mask-hypercapni/partly-false-claim-continually-wearing-a-mask-causes-hypercapnia-idUSKBN22H2H1> for more information.

Community Protective Equipment (CPE) helps control the source of SARS-CoV-2, reducing your exposure and mine.



Communication cues disappear.

Solution: Speak slowly and enunciate, use non-verbal communications (eye and eyebrows, gestures, posture, and body language), reduce background noise, or write your message / draw pictures.

They are hot / uncomfortable.

Solution: Try a covering made with a different material and/or design, breathe through your nose, and take regular breaks outside from your covering.



They make you feel confined.

Solution: Try different styles and compositions of coverings, consider a spritz of your favorite essential oil on the outside of your mask, and take regular breaks. If needed, consult your doctor regarding your condition.



Raider **Smart**, Raider **Safe** – Raider **Well**.