Twitter Thread by Abraar Karan



Abraar Karan
@AbraarKaran



1/ #BetterMasks - why and how

First, why do we even need high-filtration masks right now?

Increasingly, we are going to be (or already are) in crowded, poorly ventilated spaces- groceries, public transit, work, school etc
#covid19

> Short\U0001f9f5
> 1/
> So @CDCgov on their \u201cYour Guide to Masks\u201d has a section saying don\u2019t use N95s or surgical masks for the general public bc they are reserved for healthcare workers. That is their reason. They invoke a *shortage of supply* as their main rationalehttps://t.co/h6EnRo7Mge pic.twitter.com/81L30YziaR
>
> — Abraar Karan (@AbraarKaran) January 15, 2021

2/ If can agree that we need these...what qualities should these masks have?

We talk about that in our @HarvardBiz piece on #BetterMasks

Fit
Filtration
Comfort
Affordability
Scalability
Style

#covid19

https://t.co/SZ451BIIYN

3/ Given huge delays in getting any of this done...what options are available right now, off the shelf?

One of these - elastomeric (eN95s) which are used in different industries and were used by some hospitals can get job done

#covid19
https://t.co/GkiuRcfSIP

4/ Many have pointed to the issue of the exhale valves-- actually, even this issue has been studied by CDC/NIOSH, report below

Apparently source control can still be better than surgical masks or cloth masks even w/ these
#covid19

https://t.co/xsS23xgvtn

> They have actually recently studied this topic & found some surprising results here. \u2b07\ufe0f\u2b07\ufe0f\u2b07\ufe0fhttps://t.co/SgmAji7uzm pic.twitter.com/oM2npADeFo
>
> — Abraar Karan (@AbraarKaran) January 15, 2021

5/ Additionally, many have rightfully mentioned KF94 and KN95s

There have been some issues around counterfeits

CDC has a list of some that have definitely run into these issues (check the list if you have any of these, may need to contact company)
https://t.co/gFbgPDXh1l

> COUNTERFEIT MASKS
>
> As we keep pushing toward access to better masks, critical to avoid counterfeits on the market. I found a list here by CDC \u2014 these are mostly real KN95 manufacturers in China who have reported being counterfeited #covid19 https://t.co/c6hdDa8nqg pic.twitter.com/nAIpqfzBW0
>
> — Abraar Karan (@AbraarKaran) January 14, 2021

6/ Many are aware that higher filtration masks are the best personal protection we can get at this time, including President @JoeBiden

No silver bullets, but these are critical in addition to vaccines, T/T/I, ventilation etc #covid19

https://t.co/Mr3FV7TP7M

> President @JoeBiden takes all precautions\u2014 seen multiple times wearing an N95 mask + surgical mask over it.
>
> We are pushing a proposal to @Transition46 soon calling for #BetterMasks for *all Americans* #covid19 https://t.co/qxim99QWVb pic.twitter.com/OjhY7arC3u
>
> — Abraar Karan (@AbraarKaran) January 14, 2021

7/ Some home-made options exist & many smart people have studied these & have been trying to MacGyver their own

I commend these people- but it shouldn't have to be this way.

We are 11 months into this pandemic.

We have known this is an issue.

https://t.co/VkiLuLJTOK

> .@KatherineJWu on #BetterMasks here in @nytimes referencing recent review from @linseymarr & @MonicaGandhi9 ; yes, there are home-made immediate solutions & also should have an organized public health approach as other countries have done.https://t.co/3uQrjUfni5 pic.twitter.com/CLg1u8hzWV
>
> — Abraar Karan (@AbraarKaran) January 14, 2021

8/ Some places, like Bavaria in Germany, have actually started to make FFP2 (their N95 equivalent) *mandatory* when using transit or in grocery stores

This is key- using HiFi masks in places w/ highest risk of transmission from both droplets + aerosols

https://t.co/AoV9La09KA

> Southern German state of Bavaria makes N95 masks *mandatory* (their version called FFP2) when using public transport or entering retail stores.#covid19 h/t @sri_srikrishna https://t.co/1dj4PE69gL pic.twitter.com/XLsrlbLLLy
>
> — Abraar Karan (@AbraarKaran) January 14, 2021

9/ But- just saying you need to wear #BetterMasks or even mandating them without helping people get access to these- ideally for free-- is unacceptable & will worsen health inequities. #covid19

https://t.co/XwiGA1CVUs

> Agree w/ this\u2014 need to make sure these masks are free to the public! #covid19 #betterMasks #Bavaria https://t.co/g54LC9zGk3 pic.twitter.com/kJHMmQ6QIG
>
> — Abraar Karan (@AbraarKaran) January 14, 2021

10/ Some governments, like Austria's, are actually sending these hi-fi masks for free to their highest risk citizens- those 65+ year of age

Even if we can get better masks to high risk folks + those in frontline jobs, that would be huge

But ideally more
https://t.co/4GPDnfEoBT

> Austrian government to distribute free FFP2 (their \u201cN95\u201d caliber masks) to citizens above age 65 years of age for added protection. #covid19 #BetterMasks https://t.co/m6JtWGARCP pic.twitter.com/bqid9W6CWY
>
> — Abraar Karan (@AbraarKaran) January 15, 2021

11/ Hong Kong got a 6 layer re-usable mask out to people; free w/ national ID card; ability to insert better filters for when you're in crowded spaces; distributed from post offices

#covid19
https://t.co/4WPhbHo9YO

> FREE 6 layer reusable masks in Hong Kong for their citizens, collected right at post office with your identity card.
>
> the CuMask+#covid19 https://t.co/d0Pue9tlIZ pic.twitter.com/T1FLw8pk2O
>
> — Abraar Karan (@AbraarKaran) January 11, 2021

12/ Singapore has something similar, given out through vending machines

It's a mask kit- 2 reusable masks, 3 reusable filters

They have distributed this 3 times now (maybe more since that article was written, not sure)

#covid19

https://t.co/ScAuQuvDzt

> This was brought to my attention tonight\u2014Singapore literally has reusable 3-layer masks distributed FREE to its citizens.
>
> You use your national ID card at a vending machine and pick up your mask kit. #covid19 pic.twitter.com/ZY9Lf5izWp
>
> — Abraar Karan (@AbraarKaran) January 10, 2021

13/ Our latest piece in @statnews talks about what the @JoeBiden team needs to do

Ideally, you would be able to pick up your mask kit in convenient places or have it shipped right to you

More soon from @sri_srikrishna @RanuDhillon & me
#BetterMasks
https://t.co/fGA1zoM7Eu

14/ As expected, over time, more transmissible variants such as #B117 will outcompete older ones; and at a later time, some variants may do better at evading our immune response.

When that happens, having a #bettermask on will be key.
#covid19

https://t.co/Sdk0JnAd3Q