

DIY FACE MASK

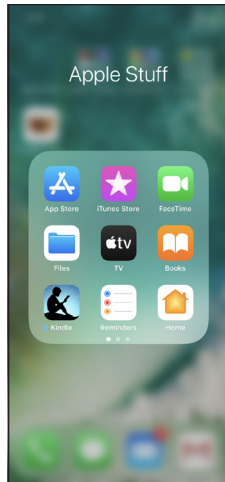
FIGHT AGAINST COVID-19



- DOWNLOADING MOVE IMPROVE™ FROM THE APP STORE -

1

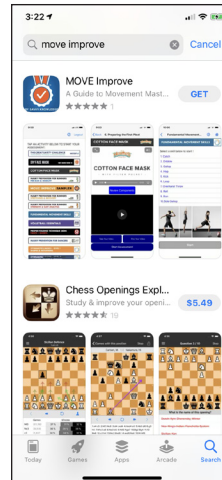
Using your iPhone, open **App Store**.



2

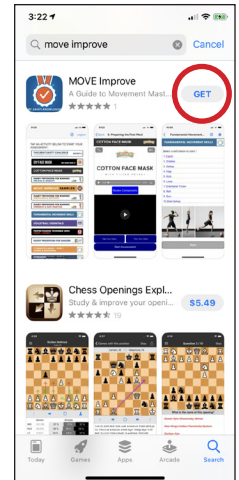
Type "move improve" into the Search Bar.

Click **MOVE Improve** to learn more.



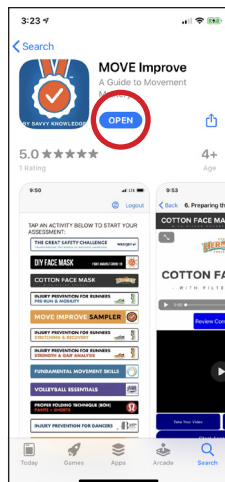
3

Click **GET** to download the MOVE Improve mobile app to your iPhone.



4

Once the download is completed, click **OPEN** to access MOVE Improve.



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- CREATING YOUR MOVE IMPROVE™ ACCOUNT -

1

Open **MOVE Improve** on your iPhone.

2

Click **Create Account**.

3

Fill in all required fields.

Click **Submit**.

4

Login into your email to confirm registration.

5

Click link in confirmation email.

6

Click link in confirmation email to log into MOVE Improve on your iPhone.

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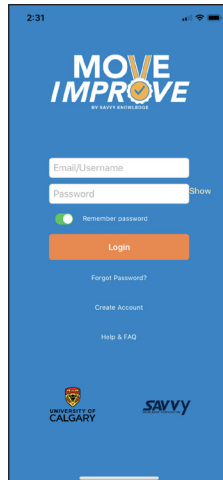


- THE FIRST TIME YOU USE MOVE IMPROVE™ -

1

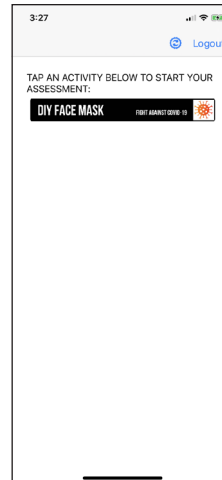
Open **MOVE IMPROVE**.

Enter **Username** and **Password**.



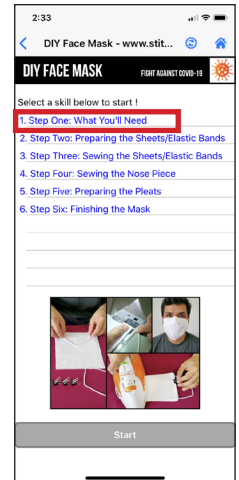
2

Select a title from the list to access content.



3

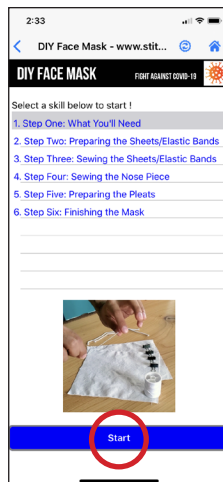
Choose from the numbered list to get started.



4

Click **Start** to begin.

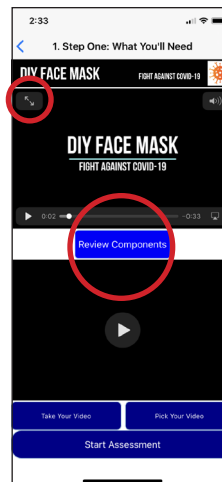
Ensure **Silent Mode** on iPhone is turned off.



5a

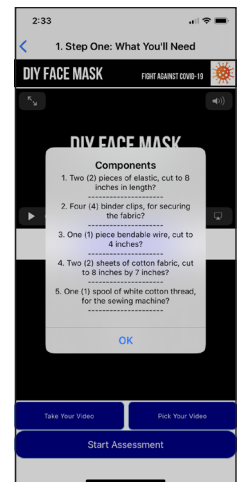
Review the **Demo Video** (automatically plays).

Click icon to watch video in **Full Screen** mode.



5b

Click **Review Components** to read through assessment questions.



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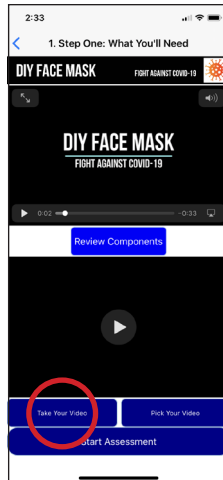


- THE FIRST TIME YOU USE MOVE IMPROVE™ -

6

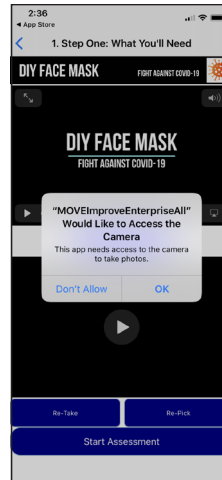
To enable access to Camera, Microphone, and Photos, click **Take Your Video**.

*** This is required the first time you use MOVE Improve. ***



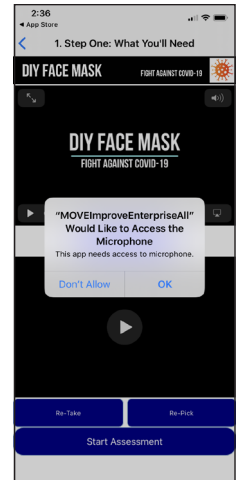
7

Click **OK** to enable access to Camera.



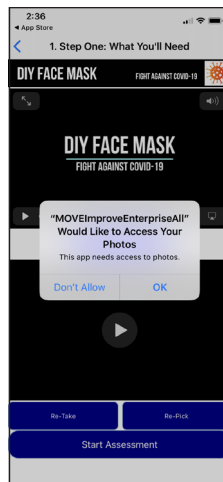
8

Click **OK** to enable access to Microphone.



9

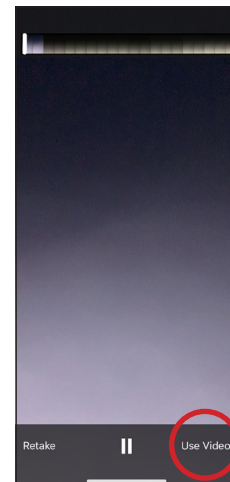
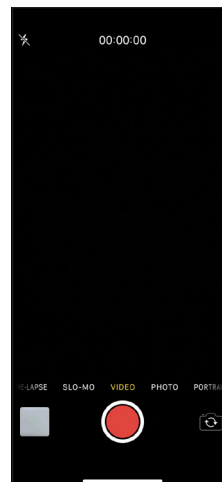
Click **OK** to enable access to Photos.



10

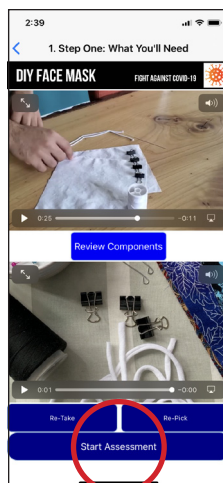
Record comparison video (for side-by-side analysis).

When satisfied with the recorded performance, click **Use Video**.



11

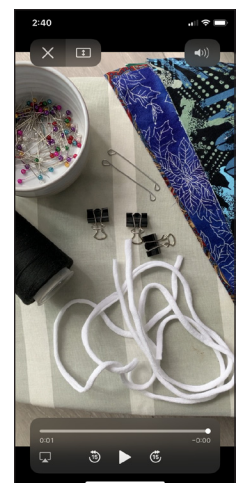
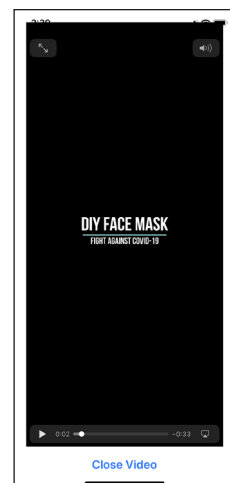
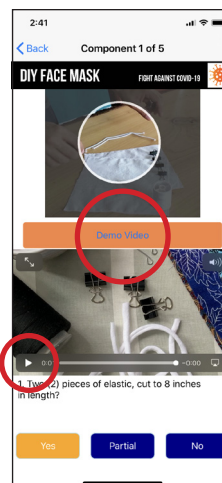
Click **Start Assessment**.



12

Compare illustrated image and Demo Video with personal recorded video.

Answer question accordingly.



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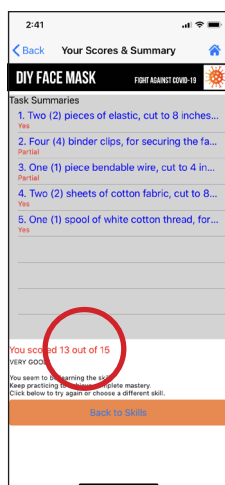
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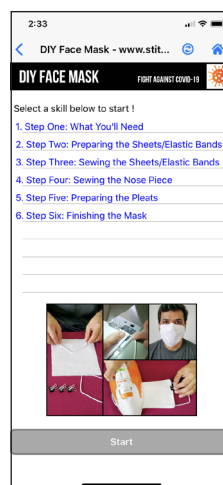
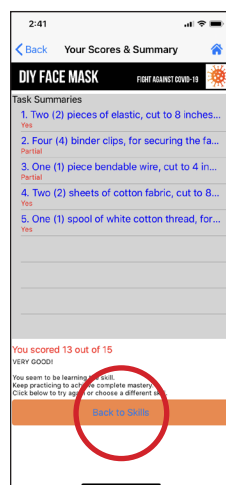
13

Complete all questions and review final score.



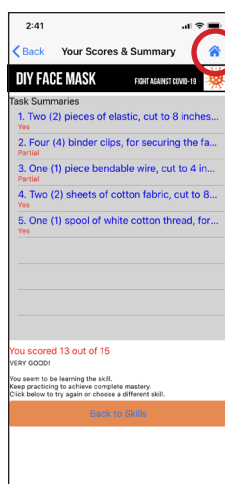
14

Click **Back** to **Skills** to return to complete list of skills.



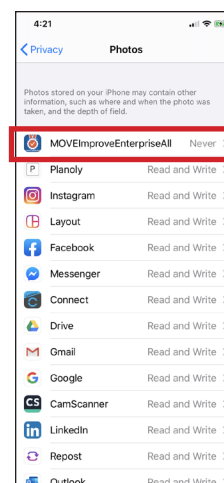
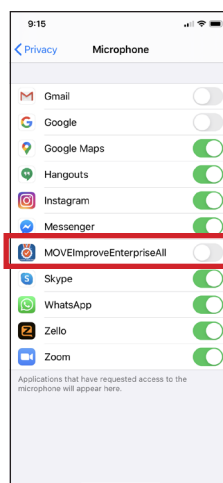
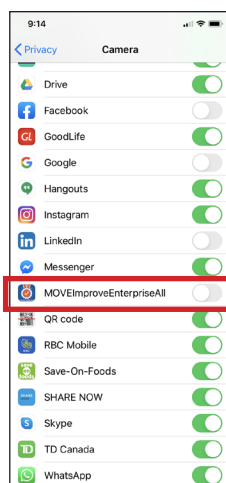
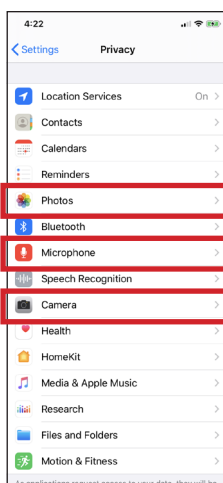
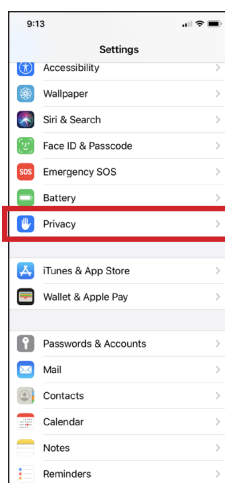
15

Click **Home** icon to return to complete list of titles.



*

If you accidentally hit **Do Not Allow** (access to Camera, Microphone, and/or Photos), use these steps to update permissions in iPhone **Settings**.



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- THE USE OF CLOTH FACE COVERS ([cdc.gov](https://www.cdc.gov)) -

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

The CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are **not surgical masks or N-95 respirators**. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

*** Excerpt from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html> ***

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

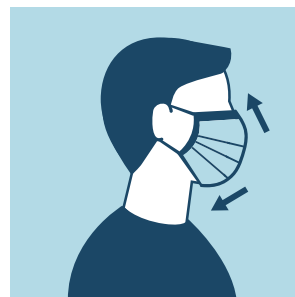
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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- ABOUT STITCH4CORONA -

In an effort to combat COVID-19, University of Toronto Engineering graduate students, Kramay Patel (IBBME MD/PhD candidate) and Chaim Katz (IBBME PhD candidate), launched Stitch4Corona, a volunteer-driven initiative to sew fabric face masks to help protect Toronto's most vulnerable during the COVID-19 outbreak.



UNIVERSITY OF
TORONTO

MISSION

The COVID-19 pandemic has wreaked havoc on the world, but we know that our society and our community is strong, resilient and connected. We're looking to harness the power of our community to ensure that we emerge victorious from this fight against Corona!

THE REPRESENTATIVES

We are a group of young professionals around the Greater Toronto Area who work in various fields such as medicine, engineering, neuroscience, business, and academia. We are driven to use our skills, resources and creativity to help our community in this time of need.

DISCLAIMER

The equipment we are creating is not certified, but based on research the material is better than no barrier. Requests for masks will include in form a waiving of liability. Due to the emergent need for any coverage and people not having anything designed we are providing a citizen to citizen PPE mask. We are trying to create a supply of masks that can be used in case of emergency for those that have no other resource in this urgent time.

For more information, visit www.stitch4corona.ca.

- ABOUT MOVE IMPROVE™ -

MOVE Improve is a mobile application for learning and mastering technical skills. Currently available on iPhone and iPad, this mobile application includes:

- Breakdown of skills into easy to understand components
- Side-by-side video analysis (versus expert video)
- Ability to track improvement over time

Similar to reading e-books on Kindle, titles are purchased from the MOVE Improve store and loaded onto a user's account. Purchased titles can be accessed whenever you log into MOVE Improve (on any compatible device). Current titles have been developed for physical education, sports performance, injury prevention, healthcare and rehabilitation, and the performing arts.

Savvy Knowledge, the developer of the MOVE Improve platform, specializes in the development and marketing of interactive educational software products, with a specific focus on improving performance in health, rehabilitation, injury prevention, workplace safety, education, and sport.

For more information, visit www.moveimprove.org and www.savvyknowledge.com.

