

Singing with Masks

“Make a joyful noise to the Lord, all the earth!” – Psalm 100:1 (ESV)

“A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.” – John 13:34-35 (ESV)

At this time, it is still important to wear masks in public. Because singing can produce a larger number of respiratory droplets and aerosols than speaking, it is especially important to wear proper, highly effective masks when singing.

For singing, your masks should be:

- **3D shape** for enhanced mouth motion and sound volume.
- **3- to 5-layer** construction for maximum air filtration.
- **Well-Fit style** to prevent aerosol leaks.

Mask recommendations include:

- KN95 (provided at the welcome kiosk each Sunday) (buy options: [1](#), [2](#))
 - Pros: 5 layers, very light, good sized for most people.
 - Cons: good for only one time usage, not adjustable fit.
- Washable 3-layered Singing mask (buy options: [1](#), [2](#), [3](#), [4](#))
 - Pros: washable, reusable based on the manufacturer, adjustable fit, soft.
 - Cons: usually no more than 3 layers, a little heavier.

Resources: International Coalition Performing Arts Aerosol Study by the NFHS.

<https://www.nfhs.org/articles/third-round-of-performing-arts-aerosol-study-produces-more-scientific-data-for-return-to-activities/>

Real vs Fake Masks (KN95)

There are many counterfeit KN95 masks out there, especially on popular retailers like Amazon. While these might still be effective, they are not controlled/approved by a scientific entity like NIOSH. For more information, see this [article about counterfeit respirators](#) by the CDC.

To see if your masks are effective, you can run these 3 tests on a random mask from the package:

Test No. 1

- Put your face mask on
- Hold and activate a lighter six inches from your mouth
- Try to extinguish the flame by blowing on it

Test No. 2

- Put your face mask on
- Empty the contents of a pack of Sweet N' Low on a spoon or flat surface
- Try sniffing with the mask on and the mask off, noting any difference

Test No. 3

- Hold your face mask by the elastic bands, with the inside of the mask facing up
- Fill the mask with water
- If it's a certified mask, it will cup the water with zero leakage.

Recommended by Dr. Michael Chang in April 2021

Source : <https://abc13.com/is-my-covid-mask-real-or-fake-how-to-test-if-face-works-n95-masks-kn95/10528203/>

Additional source: <https://www.healthcareunlocked.com/blogs/news/how-to-spot-fake-kn95-mask>