Hi everyone, welcome back to our Frequently Asked Question video. I hope previous video was helpful enough to answer some of the questions you had. On this video I would continue to answer some of the questions we received from the public regarding COVID-19.

Would drinking lots of water help to flush out COVID-19?

There is currently no evidence that drinking lots of water flushes out the COVID-19 virus.

But, drinking water is an essential part of our daily routine. On average, adults are recommended to drink 8 glasses of water daily to keep well-hydrated. It may vary depending on the person's age, activity level, overall health and weather condition. Some situations like exposure to extreme heat, vigorous activity or illness with fever or cold will require more fluid intake than average.

What's the harm of drinking extra water?

Drinking too much water could be dangerous as well. Overhydration can lead to water intoxication and sodium levels becoming dangerously low.

That being said, drinking water **is** important. The easiest way to determine if you are drinking the right amount of water is by your urine colour. The ideal colour would be like lemonade or a light beer -- it means you are well hydrated and you should continue to drink water at that rate.

But when the colour gets darker like an amber or a burnt orange colour, it means you are dehydrated and need to drink more water. When it is too clear or transparent, it means you are overhydrated and you should cut back.

https://archive.siasat.com/news/are-you-dehydrated-our-pee-colour-chart-will-tell-you-1474726/
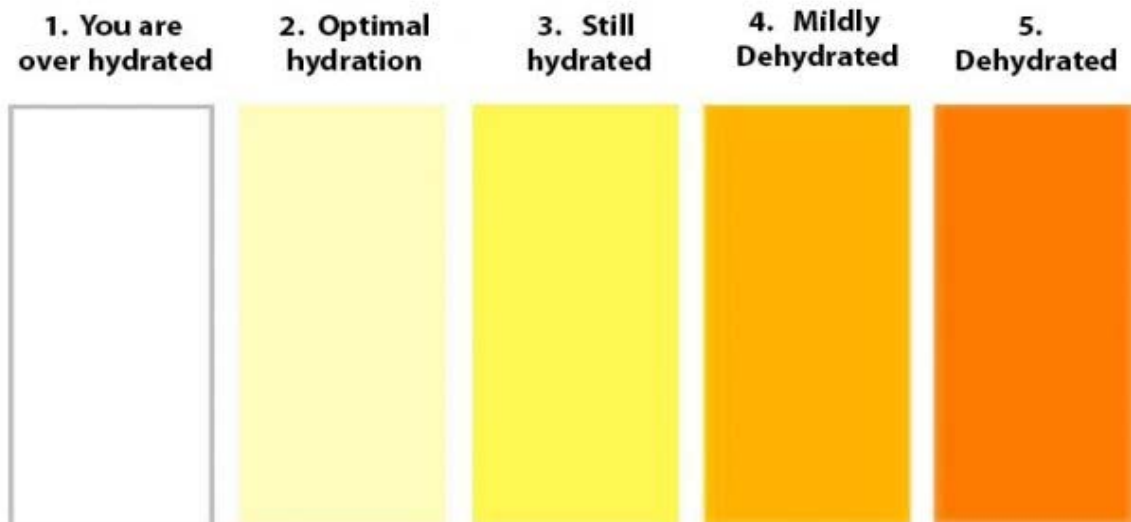
What can I do to prevent the spread of COVID-19?

Best thing we can do to prevent spreading COVID-19 is wash our hands frequently or use hand sanitizer, staying home if you are not feeling well and to maintain safe physical distance with others, at least 2 meters, when physical distancing cannot be maintained, wear a non-medical mask or face covering. It is recommended to wear a mask or face covering when we are in crowded public spaces like grocery stores, public transportation and so on.

Are cloth masks safe to use?

Non-medical mask or face covering can reduce the spread of infectious respiratory droplets when worn and used properly. It should allow easy breathing, fit securely to the head with ties or ear loops, be made with at least 2 layers of fabrics such as cotton or linen, it should cover nose and mouth and it needs to be changed when it becomes dirty or damp as soon as possible.

Some masks include a pocket to accommodate additional filters like paper towels or disposable coffee filer to increase benefits.

To safely use cloth masks, please remember that it should not be shared and should not be placed on anyone under 2 years old, someone who has trouble breathing or someone who is unable to remove the mask themselves.

What are the limitations of cloth masks?

First, I want to say that -- masks, regardless if they are reusable cloth masks or disposable medical-grade surgical masks, do **not** replace physical distancing or hand washing.

There are limitations with cloth masks because they are **not** medical devices that have been tested to recognized standards. Fabrics are not the same as surgical masks and they may not provide complete protection against virus-sized particles. But medical masks and respirators like N95 should be kept for health care workers who are providing direct care to COVID-19 patients.

Like I said before, a non-medical mask or face covering can reduce the spread of infectious respiratory droplets when worn and used properly and it is recommended to wear a face covering when we are in spaces where physical distancing isn't possible.

How do I make my own masks?

The Government of Canada has shared instructions on how to make your own cloth masks using sewing and non-sewing method on their website, linked here:

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/sew-no-sew-instructions-non-medical-masks-face-coverings.html

How do I properly put on and take off masks?

Healthy Canadians, Youtube channel managed by Health Canada and Public Health Agency of Canada uploaded a video to show how to properly wear non-medical mask or face covering and what to do after wearing it. Same steps may apply to wearing disposable masks. Link to the video is here: https://www.youtube.com/watch?v=RFV0h4h3HzY

Thanks everyone! As always, I hope you found the information useful. If you have any more questions that you would like me to answer, please leave them in the Comments section below. Until next time!

References used for this video:

- canada.ca/coronavirus.
- https://archive.siasat.com/news/are-you-dehydrated-our-pee-colour-chart-will-tell-you-1474726/
- https://www.youtube.com/watch?v=RFV0h4h3HzY
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