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California Designer Crafts Face Masks for YogaKids™

LA clothing designer Vecani Ramirez partners with YogaKids International to provide face masks for kids and their families. For each one sold, another is donated to healthcare workers

April 2020 —When Los Angeles adopted the CDC recommendations this month requiring people to cover their faces while out in public, local clothing designer Vecani Ramirez decided the time was perfect to partner with YogaKids International to sell the face masks she has been making since the outbreak of the Corona virus.

The owner of *Not Made in China* (www.Vecani.com) has been donating one mask to hospitals for each one she sold. As of mid-April, she has donated more than 500 face masks.

Vecani says she's excited to partner with YogaKids International to get more of her colorful hand-painted masks to families around the country. She believes "they are a little less intimidating than the white or black options."

Hope Katz Gibbs, president of YogaKids International, couldn't agree more. "With the goal of flattening the curve to protect residents, businesses and our workforce, face masks are a good way of protecting our kids from the spread of germs. It's also important that kids aren't frightened by having to wear a face mask. For \$10, including shipping, Vecani's masks for kids, and the grown-ups in their lives, will be sold in our Shop at www.YogaKids.com. Proceeds generated will help her create and ship more free masks to healthcare workers around the country."

While this labor of love is important to Vecani, getting into the mask business wasn't something the native of Mexico ever imagined she'd do.

"When the California officials put state residents on lock down in March, I figured I'd do a lot of painting, cooking, and take a much needed rest," admits the mom to 22-year-old Manuel, who sells her custom-made dresses, frocks, and other buttery soft, stylish garments online, in local shops, and regularly at the Sunday Farmer's and Artisans Market in Claremont, CA. "But then I realized that people needed face masks, and I was the perfect person to make them."

Face Mask Rules: When buying a face mask be sure it fits snugly but comfortably against the sides of the face and is secured with ties or ear loops, includes multiple layers of fabric, allows for breathing without restriction, and can laundered and machine dried without damage or change to shape. Here's more:

- **Realize:** Wearing a cloth mask might help protect people around you, especially if you happen to be infected with Covid-19, but do not have symptoms yet. That's why masks are crucial for health and social care workers looking after patients—and are also recommended for family members who need to care for someone who is ill.
- **Understand:** While wearing a face mask is certainly not a guarantee you won't get sick—because viruses can be transmitted through the eyes and tiny viral particles (aka: aerosols) can penetrate cloth masks. Still, the CDC reports that masks are effective at capturing droplets, which is one of the main transmission routes of coronavirus. Details here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- **Be aware:** Do *not* put a face mask on kids under 2 years old—or anyone who has difficulty breathing or might be unable to remove the mask themselves. Do *not* remove a mask by its mouth area—grab it by the straps. Wash your hands after touching it. Unfortunately, the thin layer of cloth of a bandana or scarf won't do the trick in protecting you from transmitting the virus so do *not* opt for that instead of a mask, which provides multiple layers of protection and fits more tightly over your face.
- **Remember: Wash your hands *and* your mask**
 - Change the double layer of coffee filter protection inside the mask daily.
 - Disinfect your mask regularly with a solution of 10-parts water with 1-part bleach. Mix, and pour into a spray bottle to carry with you.
 - Diligently wash your mask in hot water and detergent.
 - Be smart, be calm, and be safe!

About YogaKids International, Inc.

Interactive Online Teacher Trainings, Classes for Kids of All Ages, Do Great Things!

Play and learn: Founded in 1991, YogaKids has long been the premier teacher training organization that has taught thousands of teachers how to masterfully, magically bring yoga to children around the world. Created by educator and yogi Marsha Wenig, she and co-founder Don Wenig focused on developing the whole child: mind, body and spirit.

“Yoga and movement are powerful catalysts in creating a strong foundation for learning almost anything,” Marsha insists. “Children naturally absorb information that is presented in interesting, fun and integrative ways. YogaKids incorporates the processes that most children love to engage in: sound and movement, books and creative play.”

Become a YogaKid: Learn about our teacher trainings, download our *free* Om at Home level 1 manual, and shop for great kid-friendly yoga games and clothes at www.YogaKids.com. To take a *free* class with one of our 100-hour Certified YogaKids teachers, visit www.YogaKidsTV.com.

Questions? Email YogaKids president Hope Katz Gibbs: hope@yogakids.com. *Stay cool!*