

267: The Science of Face Masks

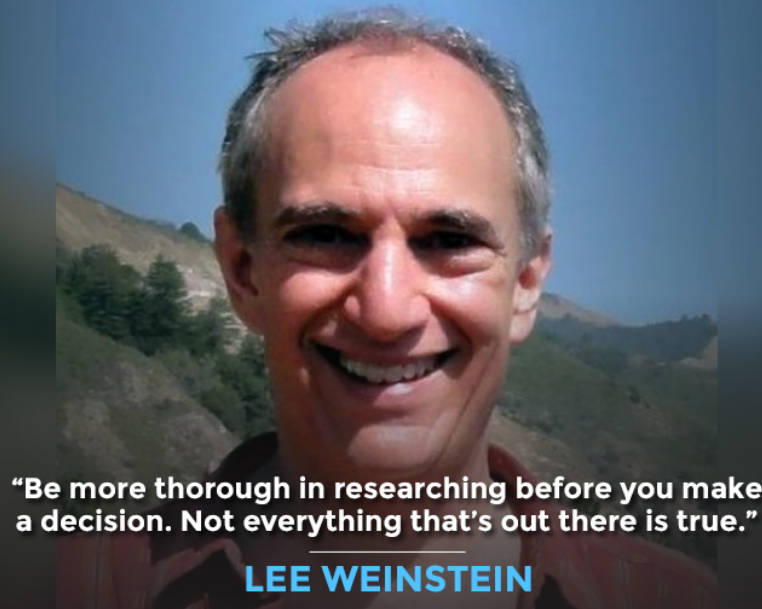
10 Point Checklist

Lee Weinstein

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“Be more thorough in researching before you make a decision. Not everything that’s out there is true.”

LEE WEINSTEIN

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Research thoroughly the implications of COVID-19. Don't just rely on mainstream media. Make sure I'm reading and watching content from trusted, reliable sources.
- Develop my critical thinking skills. Make sure every opinion and decision I make is backed by good and valid reasoning.
- Only purchase trusted products that help prevent COVID-19. Businesses have been selling masks and PPEs, and not everything is safe or of the proper quality. Lee recommends 3M masks.
- Wear my mask properly. Make sure my mouth and nose are properly covered. When taking it off before eating or drinking, place it in a secure container, so it doesn't get contaminated. Or use a new or sterile mask.
- Consider wearing a face shield when in really close proximity with other people. There's extra protection in case someone sneezes or coughs.
- Know the difference between viral load and viral dose. Viral load is the amount of virus infection in a person's blood. Viral dose is the amount that hits others once it's leaves a person's system.
- Keep strengthening my immune system. Eat healthily, exercise regularly, and get enough hours of sleep daily.
- Be careful with UV cleaners. Although they can thoroughly sanitize areas, extreme exposure to UV rays may affect health.
- Send a mask to Lee so he can check if it's safe to use. There are many fake masks on the market today, and it's better to be safe than sorry.
- Check out [stopgrinding.com](https://www.stopgrinding.com), Lee's business website, to learn more about how to stop clenching or grinding your teeth while you sleep.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/the-science-of-face-masks-with-lee-weinstein/>