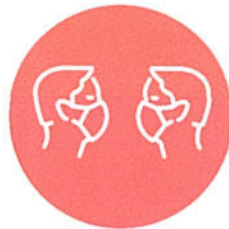


# How to overcome the effect of mask attenuation

Did you know sound can be reduced by up to 10-12db with the use of a face mask? <sup>1</sup> Keeping all parties safe with the use of a face cover due to covid-19 is part of our daily life. Speech audibility and pitch will be impacted for both the speaker and the listener. Here are some suggestions on how to improve this.

## Communication in times of masks and social distances.

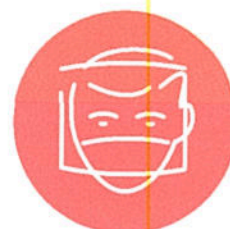
In these times it is imperative to respect best practices for good communication tactics. Below a few of the most important tactics are listed:



Always face  
The one you  
Are talking to.



Communicate  
Where there  
Is good light\*.



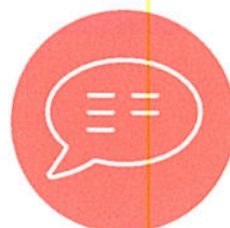
Consider an  
Approved clear  
Face shield to  
Maximize lip/  
Face cues.



Sit close to  
Each other,  
Within the  
Required  
Safety limits.



Never have a  
dialogue about  
Important  
Matters while  
Walking side  
By side.



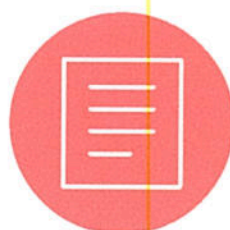
Use clear speech  
Techniques\*\*.  
Do not shout or  
Over-articulate<sup>1</sup>.



Rephrase your  
Questions or  
Input rather  
Than repeating  
The same  
Words.



Minimize  
Environmental  
Noise.



Have information  
Ready in written  
Form to minimize  
Communication  
Errors.

1. Liu S, Zeng FG. Temporal properties in clear speech perception <https://www.ncbi.nlm.nih.gov/pubmed/16875238>  
\*make sure light falls on your face so your face is not in a shadow. This will also facilitate eye contact.  
\*\*speak slightly more slowly and clearly and insert occasional pauses into your speech.