



Training Material - 05/05/20

First Defense Nasal Screens

First Defense Nasal Screens are a revolutionary lightweight, non-inserted, non-intrusive, barely visible, hypo-allergenic, self-adhesive screen that covers the nasal passage and filters the air that is breathed. FDNS reduce the nasal inhalation of respiratory droplets by approximately 92% to 95% - sized from 1 to 5 microns.

Over **ninety percent** of air is inhaled through **the nose**, and thus, where viral infectivity starts, not the mouth. During air inhalation contaminants of all kinds are breathed in. FDNS is a self-adhesive bandage-like filter placed outside of the nostril. Inhaled contaminants are trapped within the filter of the nasal screen. Upon exhalation, the patented design pushes air out and expands the filter. The technology allows the breath to flush-out the captured contaminants. The design does not affect breathability and they are comfortable to wear. **The screens are a highly effective form of virus protection, are aesthetically pleasing, and cost less than N95 masks.**

FDNS help reduce exposure to the COVID-19 virus. Viruses do not travel nakedly (meaning by themselves), but they travel on respiratory droplets coughed or sneezed into the air by an infected person. The droplets are sized from 1 micron to 10 microns. The ones sized 6 to 10 will generally come out and land 5 to 10 feet in front due to the weight if touched and then touched to the nose or eye they can cause infection and can be prevented by good hand washing. The smaller ones (1 to 5 microns) can float in the air for hours. It is also important to understand that respiratory viruses generally do not grow in the mouth, esophagus, stomach or intestines. They grow or infect the nose or nasal cavity and cell linings of the nose (most common) then the trachea and lungs. Some believe a small percentage may be able to get through the eye and work their way down to the sinus track as well. **Filtering the nasal cavity can greatly reduce exposure to these small droplets that carry the dangerous virus.**

N95 masks are 95% effective at 3 microns (um). FDNS has the following results:

80 um – 100%

60 um – 99.9%

10 um – 99%

8 um – 98%

2 um – 92%

Note: The width of a single human hair ranges from approximately 10 to 200 um.