

FACE MASKS

QUICK FACTS

WHAT IS A FACE MASK?

- ◉ It's a breathable covering made of fiber, gauze or cloth to fit over the nose and mouth and secured behind the head or ear lobes.



WHY WEAR A FACE MASK?

- It helps limit the spread of germs. When someone talks, coughs, or sneezes they release tiny drops into the air that can infect others. If someone is ill, a face mask can reduce the number of germs that the wearer releases and can protect other people from becoming sick.
- Wear a mask in public settings or when around other people who don't live in your household, especially when it may be difficult for you to stay six feet apart
- Consider wearing a face mask when you are sick with a cough or sneezing illness
- A medical face mask has 3 parts:
 - Outer layer - Water resistant fabric
 - Middle layer - Act as filter
 - Inner layer - Water absorbent

HOW TO WEAR A FACE MASK

- ◉ Wash hands before putting on mask
- ◉ Hold the mask using side strings or straps or ear loops
- ◉ Check mask if dirty or damaged
- ◉ Identify the inside (white) and outside (blue) parts of the mask
- ◉ Identify the top part by feeling the flexible band at the top
- ◉ Place the inside part over the nose and mouth and secure it under the chin
- ◉ Apply the side strings around the ears or back of the head
- ◉ Seal the top over the nose by pinching the flexible band and model it to the sides using finger tips
- ◉ Hold top part over nose with finger tips and pull lower part over the chin
- ◉ Make sure you can breathe easily

HOW TO TAKE OFF A FACE MASK

- ◉ Wash hands first with soap and water or sanitize them.
- ◉ Untie the strings behind the head or stretch the ear loops
- ◉ Handle only by the ear loops or ties or straps
- ◉ Fold outside corners together
- ◉ Don't touch the front part of the mask and hold away from your face
- ◉ Be careful not to touch eyes, nose, and mouth when removing the mask
- ◉ Wash hands immediately after removing it.
- ◉ Place the mask in soapy water or bleach solution to await washing and drying for next use
- ◉ If the mask is a non reusable one, then dispose safely in designated bin or where it can be incinerated immediately

HOW TO WASH A FACE MASK

- ⦿ Masks should be washed after each use.
- ⦿ **If using laundry machine:** Mask can be included with regular laundry or washed alone. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.
- ⦿ **If washing by hand:** Soak the mask in the bleach solution (0.5% JIK) for 5 minutes then wash with detergent. Rinse thoroughly with cool or room temperature water.
- ⦿ **If using dryer machine:** Use the highest heat setting and leave in the dryer until completely dry.
- ⦿ **Or air dry it:** Lay mask flat or hang it and allow to completely dry. If possible, place the mask in direct sunlight.

DO'S TO REMEMBER

- ◉ Always put on face mask correctly
- ◉ Mask should cover the nose as well as the mouth
- ◉ Use mask whenever in a public place
- ◉ Use a clean mask each day or new one if possible
- ◉ Dispose of the mask correctly in designated waste bins
- ◉ Use masks with three (3) layers for maximum protection
- ◉ For surgical mask: ensure pleats on outer side face downwards
- ◉ If using cloth made mask, wash it each evening in soapy water and air dry it for next use
- ◉ Remove mask by removing strings around the ears or back of the head

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



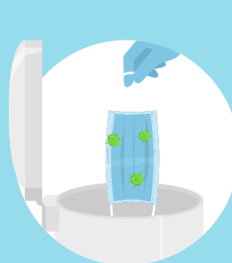
Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



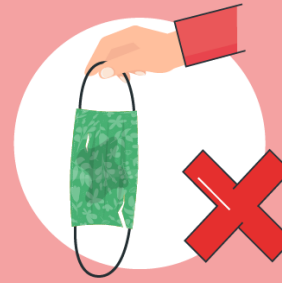
Wash your hands after discarding the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

DON'TS

- ⦿ Don't wear mask inside out
- ⦿ Don't share same mask with someone else
- ⦿ Don't dispose off mask anywhere else apart from designated yellow waste bins
- ⦿ Don't re-use unclean mask
- ⦿ Don't touch the outer surface of mask to avoid self contamination
- ⦿ Don't remove mask by grabbing it downwards from the nose.
- ⦿ Don't pick any mask found left in a public place or anywhere else
- ⦿ Don't put mask around your neck or up on your forehead
- ⦿ Don't wear wet mask

Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

OTHER MEASURES

Face masks are used together with other protection measures like:

- ❑ Social distancing (6 feet apart)
- ❑ Frequent hand washing with soap and water
- ❑ Use of alcohol-based hand sanitizer
- ❑ Avoiding close physical contact e.g. handshake, hugging

THANK YOU