Online Training

CONSIDERATION FOR WEARING MASKS DURING COVID-19

Masks are a key measure to suppress transmission and save lives.

Masks should be used as part of a comprehensive 'Do it all!' approach including physical distancing, avoiding crowded, closed and close-contact settings, good ventilation, cleaning hands, covering sneezes and coughs, and more.

Depending on the type, masks can be used for either protection of healthy persons or to prevent onward   transmission.

Why Should People Wear Masks?

- When you wear a mask, you protect others as well as yourself. Masks work best when everyone wears one.

- A mask is NOT a substitute for social distancing. Masks should still be worn in addition to staying at least 1 meter apart, especially when indoors around people who don't live in your household.
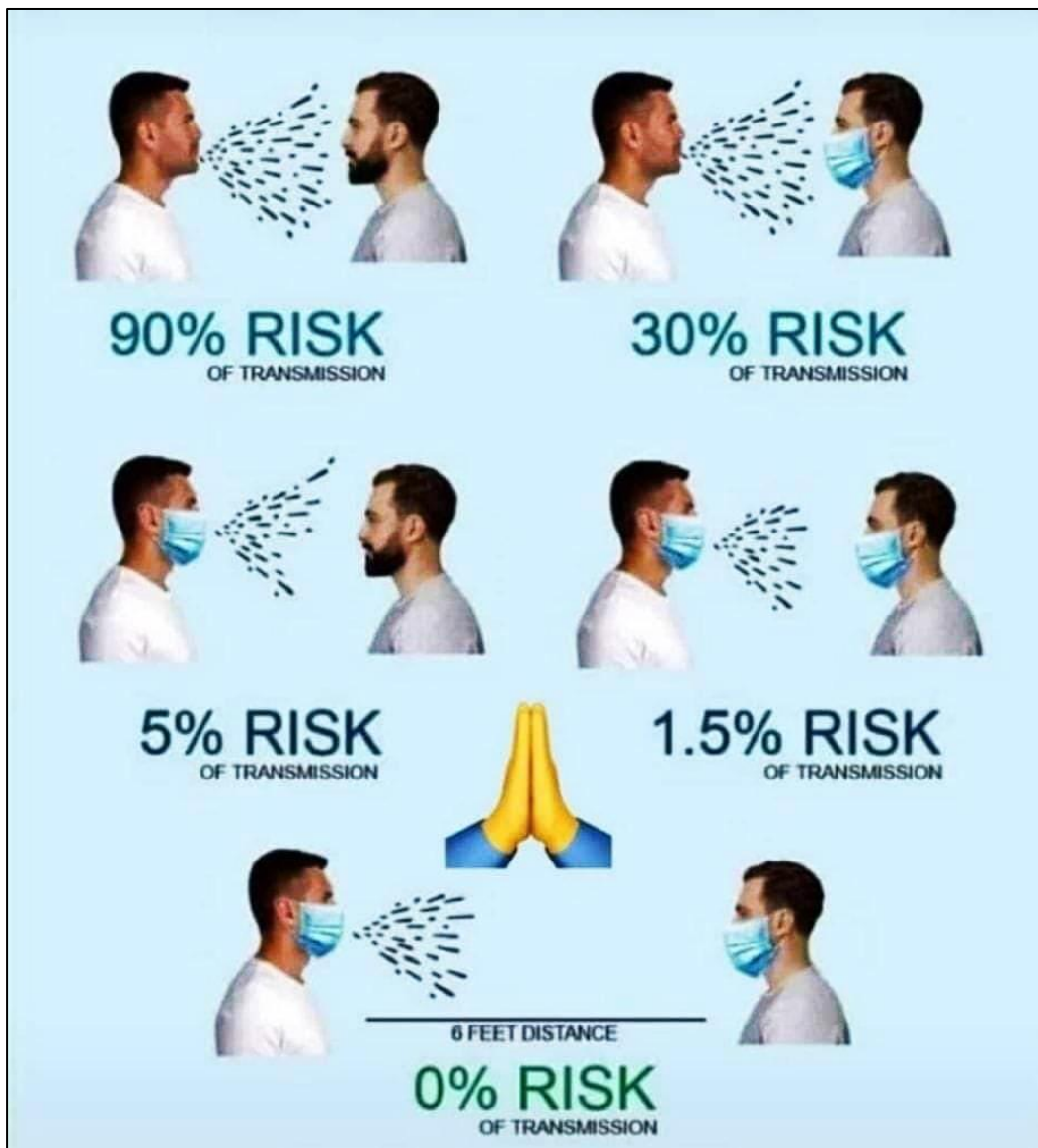
WHAT IS THE RIGHT WAY TO WEAR A MASK?
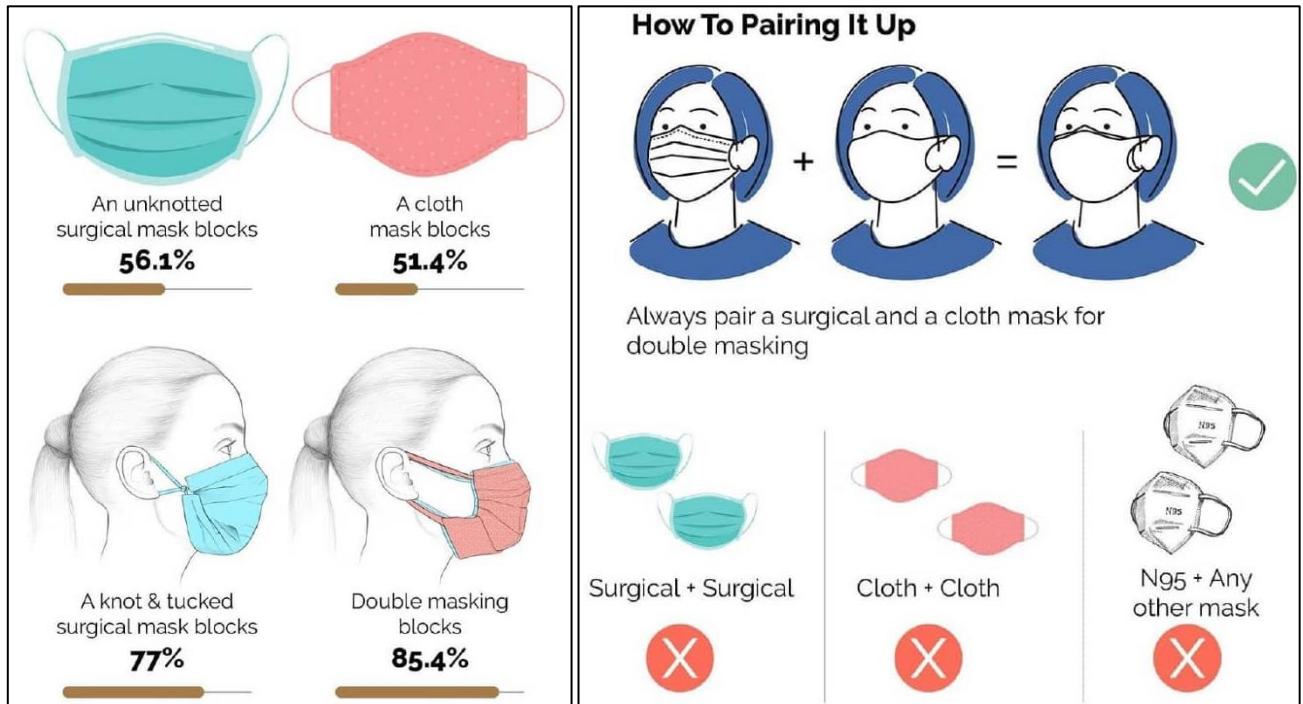
- Masks should completely cover the nose and mouth and fit snugly against the sides of face without gaps.

- Wear a mask inside your home if someone you live with is sick with symptoms of COVID-19 or has tested positive for COVID-19.

- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol after touching or removing your mask.

- Masks may not be necessary when you are outside by yourself away from others, or with people who live in your household. However, some areas may have mask mandates while out in public, so please check the rules in your local area (such as in your city, county, or state). Additionally, check whether any federal mask mandates apply to where you will be going.

HOW TO PUT ON AND WEAR A FABRIC MASK:

- Before touching the mask, clean your hands with an alcohol-based hand rub or soap and water.

- Inspect the mask for tears or holes, do not use a mask that is damaged.

- Adjust the mask to cover your mouth, nose, and chin, leaving no gaps on the sides.

- Place the straps behind your head or ears. Do not cross the straps because this can cause gaps on the side of your face.

- Avoid touching the mask while wearing it. If you touch it, clean your hands.

- Change your mask if it gets dirty or wet.

HOW TO CLEAN A FABRIC MASK:

- Wash fabric masks in soap or detergent and preferably hot water (at least 60 degrees Celsius) at least once a day.

- If it is not possible to wash the mask in hot water, then wash it in soap/detergent and room temperature water, followed by boiling the mask for 1 minute.

HOW TO DISPOSE OF DISPOSABLE MASK

Different germs can survive on a used mask for different durations. Experts feel that viruses, when left exposed, can survive between a few hours and a few days. My earnest request to all of you is not to throw the used mask indiscriminately in lifts, parks, workplaces, homes, open dust bins as it can pose a potential health hazard to people who come in contact with such masks. Also, some people are picking them up for re-use and hence putting their life in danger. The infected masks have respiratory secretions on them and can be dispersed and transmitted through the air. So, please be sensitive. Always wash your hands before and after taking off the mask.

- **Surgical mask (Fold, tie, wrap)**

  It should be removed chin upwards and please take care to remove it from the strings and be careful not to touch the front portion while taking off the mask. After taking the mask off, please fold it half inwards, such that droplets from mouth and nose are not exposed. Then, fold the mask into another half, until it looks like a roll. The mask can also be wrapped with its ear loops so that it will not unravel. The mask should then be wrapped in tissue paper or a polythene bag and thrown right away into dustbin. Keep the things handy before disposing it off.

#LindungiDiri #LindungiSemua

Right now, the best vaccine is ourselves. Continue to adhere to SOPs and adopt new norms in daily life to control the COVID-19 outbreak.

DO AND DON'T'S WHEN USING MEDICAL MASK

HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

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

Don'ts →

Do not Use a ripped or damp mask

Do not wear the mask only over mouth or nose

Do not wear a loose mask

Do not touch the front of the mask

Do not remove the mask to talk to someone or do other things that would require touching the mask

Do not leave your used mask within the reach of others

Do not re-use 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.

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