WHEN, WHY AND HOW TO WEAR MASKS

Face masks are rapidly becoming a part of everyday life during the COVID-19 pandemic as part of the prevention measures implemented by both the government and the World Health Organisation.
The market is saturated with many different types of masks, for different uses and purposes. Masks are used to either protect healthy individuals from contracting the infection or as part of a control measure to stop an infected individual spreading it further.

The use of masks is part of a stringent regime which is encouraged for individuals as a way to control and protect from the virus. It is important to remember that whether or not masks are used, all other measures that have been stipulated should still be adhered to (such as social distancing and consistent, comprehensive hand hygiene) as a preventative measure and to lower the risk of transmission of the virus.

WHEN TO WEAR MASKS AND WHAT TYPE? (INFORMATION FROM THE WHO)

Medical masks are primarily designated for health care workers within high risk environments. These are made to a specific standard on both a national and international level. The correct masks with the correct filtration level are distributed accordingly.

Medical masks can also be used by individuals at high risk with either existing medical conditions or over the age of 60 as a form of protection.

Medical conditions include:
• **Cardiovascular disease or diabetes mellitus**
• **Chronic lung disease**
• **Cancer**
• **Cerebrovascular disease**
• **Immunosuppression**

Non-medical masks are used by the general public. These can vary from fabric, number of layers and style, which results in different filtration rates and levels of breathability. These are used mainly as source control or when in a space where social distancing is not possible. Example of this are:

• **Grocery stores**
• **Social gatherings**
• **Work**
• **Closed settings – schools, churches, mosques etc**

Please consider filtration efficiency (FE), or filtration, breathability, number and combination of material used, shape, coating and maintenance when purchasing a non-medical mask.

At Capital Power Clean, we have a variety of masks available – call us on 01506 854585 to discuss your needs, email sales@capitalpowerclean.co.uk or visit our website at www.capitalpowerclean.co.uk

Information sourced from
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks

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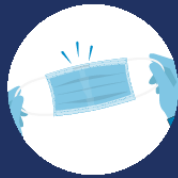# HOW TO SAFELY WEAR A MEDICAL MASK

Do

Clean hands with soap or hand sanitiser 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 coloured 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 closing bin

Clean hands with soap or hand sanitiser after discarding the mask

Don't

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 2 metres distance from others and wash your hands frequently and thoroughly.

Reference to infographics on
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks

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HOW TO SAFELY WEAR A NON-MEDICAL MASK

Do

Clean hands with soap or hand sanitiser before touching the mask

Inspect the mask for damage or if dirty

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

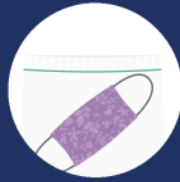Cover your mouth nose, and chin

Avoid touching the mask

Clean your hands with soap or hand sanitiser before removing the mask

Remove the mask by the straps behind the ears or head

Pull the mask away from your face

Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it

Remove the mask by the straps when taking it out of the bag

Wash the mask in soap or detergent, preferably with hot water, at least once a day

Clean hands with soap or hand sanitiser after removing the mask

Don't

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 2 metres distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

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