

Masks: advice for safe use

The World Health Organization (WHO) recommend the use of masks how strategy to prevent the spread the novel coronavirus (COVID-19).

HAVE A LOOK AT THE DIFFERENT TYPES OF MASKS AND THE GUIDELINES TO USE THEM SAFELY.



N95 mask

This one is intended for health professionals who come into direct contact with patients with the disease:

- The N95 mask must be for single use only.
- In case of coming into contact with confirmed COVID-19 patients, a surgical mask should be used over the N95 one.
- The mask must be removed, discarded, and packaged in a sealed plastic bag after meeting each patient.



Surgical masks

Preferably indicated for professionals of all healthcare areas:

- The mask should be put on carefully, so as to cover the nose and mouth, and minimize the spaces that may exist between it and the face
- It should not be touched while in use
- To remove the mask, it must be loosened only at the bow on the back or removed from the sides.
- The mask should be discarded immediately upon removal and in a closed plastic bag
- After removing the mask, it is important that the hands get disinfected, with either soap and water or hand sanitizer.



Homemade masks

Suitable for the population in general, who should always use it when going outside. It should cover the nose and mouth:

- The masks must have three layers of fabric;
- They should be made from thicker fabrics, such as cotton, tricoline or TNT;
- The masks should not be shared with other people. They are meant for individual use only;
- Placement and removal should follow the same guidelines as the surgical mask;
- To wash them, put the mask in a container with a mixture of water and bleach (2 to 2.5%) for 30 minutes;
- After, rinse under running water and then wash it with soap and water;
- After washing the mask, wash your hands with soap and water also;
- After the mask has dried, iron it and store it in a plastic bag;
- Change your mask anytime it shows signs of having moisture, secretion, or dirt.

IF YOU NEED TO LEAVE, WEAR A MASK.
Protect yourself and others.