

# FACE MASKS:

How Cloth Face Coverings Help  
Slow the Spread



# FACE MASKS ARE ONLY EFFECTIVE WHEN:

01

It has a filter.

03

It is not taken off outside  
with other people present.

02

It is not loose and  
properly worn.

04

It is breathable.



The supply of medical-grade face masks is low.

Priority for these masks should be given to people in the frontlines.

If you need to go outside, wear a community face mask.

**Wearing a community face mask can prevent the spread of viruses because you and anyone can be a carrier.**

**It keeps you out of trouble too because wearing of face masks is now mandatory.**

# WHO SHOULD WEAR A COMMUNITY FACE MASK?



People who need to go outside for essentials needs.



Service-oriented workers, such as food handlers and security personnel.



Medical workers who do not have direct patient care responsibilities, such as dietary professionals and administrative staff.



Visitors and contact staff in health care facilities.



Homecare givers

Amid the COVID-19 crisis,  
wearing face masks has become  
a way of protection from the virus.

However, there is no scientific  
evidence that face masks protect  
the person wearing it completely.



**Face masks might give wearers false security.**

**People may expose themselves in risky environments.**

It may increase the frequency of touching their face, and disregarding the other more effective ways of preventing the spread of the virus, such as:

**01** Proper hand hygiene

**02** Respiratory etiquette

**03** Physical distancing

# WHAT IS A COMMUNITY FACE MASK?

It is a non-medical-grade face mask required for people to wear in public.

The wearing of community face masks is only effective if utilized along with proper hand hygiene and physical distancing.





## REMEMBER:

It is very important to stay at home.

If you have to step out of the house, you  
need to wear a community face mask





## Always be careful!

Face masks can cause difficulty in breathing, especially to:

- People with chronic respiratory diseases or may already have breathing difficulties.
- Children 2 years old and below.

