The Use of Masks for Coronavirus (COVID-19)

According to the (WHO) World Health Organization and CDC (Centers for Disease Control)

If you are **NOT** sick, you only need to wear a mask if you are taking care of a person who is sick (and they are not able to wear a mask). **Masks may be in short supply and they should be saved for caregivers.**

Wear a mask if you are sick and/or coughing or sneezing when you are around other people.

If you are unable to wear a mask (for example it causes trouble breathing) then you should do your best to cover your coughs and sneezes and people who are caring for you should wear a mask if they enter your room.

Masks are only effective if used in combination with frequent hand cleaning with soap and water, or if not available an alcohol-based hand rub that contains at least 60% alcohol.

If you wear a mask, you must know how to use it and dispose of it properly.

Before putting on a mask, clean hands with soap and water or alcohol-based hand rub.
Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.

Avoid touching the mask while using it: If you do, clean your hands with soap and water or alcohol-based hand rub.

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

To remove the mask: Remove it from behind (do not touch the front of the mask); discard it immediately in a closed bin; clean hands with soap and water or alcohol-based rub.

The use of non-medical masks such as masks for occupational exposures or handmade masks are not made to filter particles as small as viruses, but would be better than no protection at all if necessary.

A tutorial for putting on a face mask is available at https://youtu.be/Ded_AxFfJoQ

For further information or assistance my contact information is
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