

# 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.