

## Use Mask Properly

Face mask provides a physical barrier to fluids and large particle droplets. Surgical mask is a type of face mask commonly used. When used properly, masks can prevent infections transmitted by respiratory droplets.

People should wear a mask when they have respiratory infection; need to care person with respiratory infection; or when visiting clinics or hospitals during pandemic or peak season for influenza in order to reduce the risk of infection spread.

### **Points to note on wearing a surgical mask:**

- Choose the appropriate mask size. Child size is available for selection as indicated.
- Perform hand hygiene before putting on a mask.
- The mask should fit snugly over the face :
  - The coloured side of the mask face outwards with the metallic strip uppermost. For those masks without a coloured side, the side with folds facing downwards on the outside, and with the metallic clip uppermost (**Image 1**).
  - For tie-on surgical mask, secure upper tie at the crown of head. Then secure lower tie at the nape (**Image 2**). For ear-loops type, position the elastic bands around both ears.
  - Extend the mask to fully cover mouth, nose and chin (**Image 3**).
  - Mould the metallic strip over nose bridge and mask should fit snugly over the face (**Image 4**).
- Avoid touching the mask after wearing. Otherwise, should perform hand hygiene before and after touching the mask.
- When taking off tie-on surgical mask, unfasten the tie at the nape first; then unfasten the tie at the crown of head (**Image 5**). For ear-loops type, hold both the ear loop and take-off gently from face. Avoid touching the outside of face mask during taking-off as it may be covered with germs.
- After taking off the surgical mask, discard in a lidded rubbish bin and perform hand hygiene.
- Change surgical mask at least daily. Replace the mask immediately if it is damaged or soiled.



Image 1



Image 2



Image 3



Image 4



Image 5

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**Recommendations on Use of Face Masks**  
**during Influenza Pandemic in the Community Setting**

During Influenza Pandemic, apart from using mask properly, we should adopt the following preventive measures vigilantly to minimize the risk of getting infection:

- (a) Perform hand hygiene frequently and properly.
- (b) Perform hand hygiene before touching eyes, nose and mouth.
- (c) Maintain respiratory etiquette/ cough manner (Pictures below).
- (d) Stay at home if got sick and minimize contact with others
- (e) Stay away from possible sources of infection:
  - i. Minimize unnecessary social contacts and avoid visiting crowded places. If this is necessary, minimize the length of stay whenever possible. Moreover, person at a high risk of having infection-related complications, e.g. pregnant woman or persons with chronic illnesses are advised to wear face mask.
  - ii. Avoid close contact with the infected persons.

# 咳嗽要講禮

## Maintain Cough Manner

