



Recommendations for Wearing Hygienic masks

On 29 January 2020

Recommendation for wearing the hygienic mask (in general use)

The mask should be worn to fit the face. Turn the colored side out. If it is colorless, please look at the crease of the mask. The side where the crease is pointing down is the outside of the mask. For the side with the wire, it should be over your nose. Pull the mask to cover both the nose and mouth.

Recommendation for wearing an N95 mask

Hold the mask in the palm of your hand and cover the mouth and nose. Pull the strap at the bottom to put it on the head and pull it down under the ear area. Then pull the top strap around the back of the head. Squeeze the line of wire to fit the nose. Test the fit of the mask by using both hands on the mask, then try breathing. If the mask fits the face when inhaling, the mask will collapse and exhale and the mask will inflate.

For used masks that are wet from secretions such as saliva and nasal discharge, they should be changed immediately and should not be reused. Before discarding the used mask, it should be put in a sealed bag or disposed of into the biohazard trash, and then hands should be washed to prevent germ residue.

How to wear a hygienic mask

1. Washing hands before wearing the mask.
2. Pull the mask to cover both the nose and mouth. For the side with the wire, it should be on top over your nose. The side where the crease is pointing down is the outside of the mask (can also be the colored/metallic side).
3. A mask made of paper should be changed daily and discarded in a sealed trash. A mask made by fabric can be washed and dried in the sun for reuse.
4. If the mask is worn or contaminated, you should use a new one.
5. In addition to wearing a mask, frequently wash your hands with water and soap, especially after coughing, sneezing, blowing out mucus from your nose, after touching public items such as staircase railings, buttons in the elevator, doorknobs.