



**BRUMMANA HIGH SCHOOL
MEDICAL DEPARTMENT**

Considerations for Wearing Masks

How my mask may protect others and their mask may protect me?

- Masks are a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice. This is called **source control**.
- Masks are a preventive measure to reduce the risk and slow the spread of COVID-19, including social distancing, frequent hand washing, and cleaning and disinfecting frequently touched surfaces.

How to Select my mask?

There are many choices. Wear masks with two or more layers to stop the spread of the virus.

Are masks with exhalation valves or vents source control?

It is not recommended masks with one-way valves or vents, they allow air to be exhaled through a hole in the material, which can result in expelled respiratory droplets that can reach others. This type of mask does not prevent the person wearing the mask from transmitting COVID-19 to others.

Are face shields source control?

A face shield is primarily used for eye protection for the person wearing it. At this time, it is not known what level of protection a face shield provides to people nearby from the spray of respiratory droplets from the wearer. There is currently not enough evidence to support the effectiveness of face shields for source control.

Currently the use of face shields as a substitute for masks is not recommended.

How about surgical masks or N95 respirators?

Currently, those are critical supplies that should continue to be reserved for medical staff.

Here are some do's and don'ts:

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



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Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

Special Situations: Children



If you are able, find a mask that is made for children



If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin

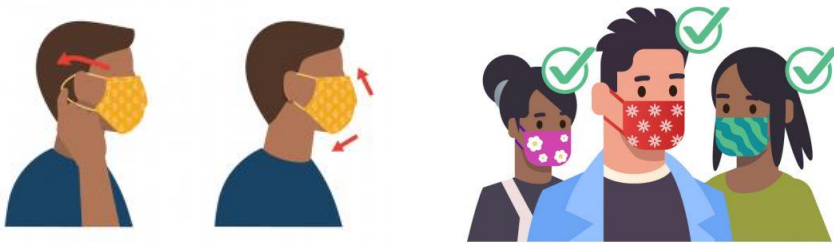


Do NOT put on children younger than 2 years old

How to wear my mask?

Wear a mask correctly and consistently for the best protection.

- Be sure to wash your hands before putting on a mask
- Do NOT touch the mask when wearing it
- Do wear a mask that covers your nose and mouth and secure it under your chin
- Fits snugly against the sides of your face
- Make sure you can breathe easily



Do NOT wear a mask

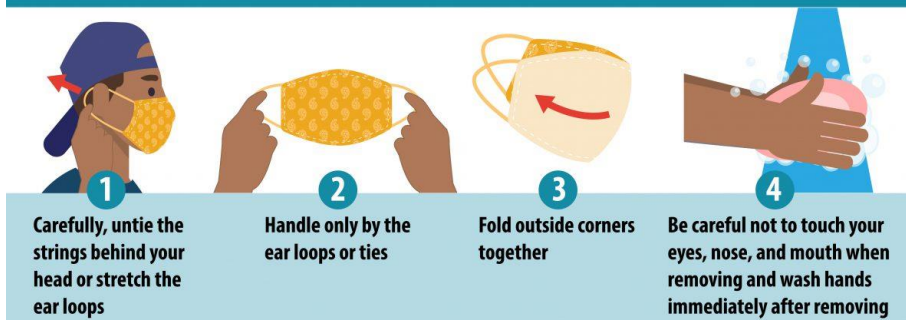


When do I take off my mask?

When you're home, carefully

1. Untie the strings behind your head or stretch the ear loops
2. Handle only by the ear loops or ties
3. Fold outside corners together
4. Place mask in the washing machine
5. Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

How to take off a mask



How to clean masks?

1. Masks should be washed regularly
2. Include your mask with your regular laundry
3. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
4. Use the highest heat setting and leave to it to dry until completely dry

How can I follow everyday habits?

Masks are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing.

1. Stay at least 6 feet away from others
2. Avoid contact with people who are sick
3. Wash your hands often, with soap and water, for at least 20 seconds each time
4. Use hand sanitizer if soap and water are not available

Prepared by the BHS Medical Team

Source: CDC Centers for disease Control and prevention

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