



PACIFIC DISABILITY FORUM COVID-19 UPDATE

30 March 2020

Advisories on the use of Mask

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Advisories on the use of Mask

WHO MUST WEAR A MASK?

- Masks should only be used by health care workers, carers, people providing support services to persons with disabilities, and by people who are sick with symptoms of fever and cough.
- If you do not have any respiratory symptoms such as fever cough or running nose, you do not need to wear a medical mask.
- Mask alone can give you a false feeling of protection and can even be source of infection when not used properly.

WHY WEAR A MASK?

- Because health care workers and caretakers are in close contact with ill individuals, so they are at higher risk of catching COVID-19.
- Sick people should wear a mask to protect others from small droplets that can come out when they cough or sneeze.

So for health care workers, caretakers or individuals who have fever and cough this is how you should wear a mask.

WHEN TO USE A MASK

1. If you are healthy, you need only to wear a mask if you are taking care of person with suspected COVID-19 infection.
2. Wear a mask if you are coughing or sneezing.
3. If you are providing care to persons with disabilities, with high support needs and are showing respiratory symptoms such as fever cough or running nose, wear your mask before putting their mask on.
4. If you are a sighted guide for a blind person who are showing respiratory symptoms such as fever cough or running nose put your mask on while two meters away from the blind person, before supporting the blind person to put on their mask.
5. If you are providing support to a person with psychosocial and intellectual disability showing respiratory symptoms such as fever cough or running nose, while two meters apart put your mask on and explain why the need to wear a mask, then support them to put on their mask.
6. Mask are effective only, when used in combination with, frequent handwashing with alcohol-based hand rub or soap and water for twenty to thirty seconds.

HOW TO USE AND DISPOSE OF MASK PROPERLY

If you wear a mask, then you must know how to use it and dispose of it properly. Below is some guidance on how to use and dispose of mask properly:

Wearing the mask

1. Clean hands with alcohol-based hand rub or soap and water.
2. Before supporting persons with disabilities to wear their mask guide them to clean their hands with alcohol based hand rub or soap and water
3. Inspect your mask and support persons with disabilities to identify any tears or holes on the mask.
4. Verify which side is the top, which is where the metal piece is. Support person after wearing their mask, provide guidance to the blind person or those with low vision who are showing respiratory symptoms such as fever cough or running nose to verify the top side of the mask.
5. Identify the inside of the mask which is usually the white side. Support person after wearing your mask, provide guidance to the blind person or those with low vision who are showing respiratory symptoms such as fever cough or running nose to identify the inside of the mask.
6. Fit the mask on your face and pinch the metal strip or stiff edge so it molds to the shape of your nose. Support person after wearing their mask, provide

guidance to the persons with disability who are showing respiratory symptoms such as fever cough or running nose to fit the mask on their face and pinch the metal strip or stiff edge so it molds to the shape of your nose.

7. Adjust the mask over your face, cover your mouth, nose and over your chin, make sure there are no gaps between your face and the mask.
8. Do not touch the front of the mask while using it to avoid contamination; if you do, clean your hands with alcohol-based hand rub or soap and water.

Disposing the Mask

1. Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
2. To remove the mask: remove the elastics from behind without touching the front keeping it away from your face.
3. Discard immediately in a closed bin and clean hands with alcohol-based hand rub or soap and water.
4. Remember the best way to protect yourself from the new coronavirus is to frequently clean your hands with alcohol based hand rub or soap and water.

Information Reference: WHO Website, 28 March 2020

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