Wearing a medical mask is one of the prevention measures to limit spread of coronavirus. However, wearing masks when not indicated may cause unnecessary cost, procurement burden and create a false sense of security that can lead to neglecting other essential measures, such as hand hygiene practices.

If medical masks are worn, appropriate use and disposal is essential to ensure they are effective and to avoid any increase in risk of transmission associated with the incorrect use and disposal of masks. Cloth (e.g. cotton or gauze) masks are not recommended under any circumstance.

WHO recommends the below preventive measures:

Individuals without respiratory symptoms should:

- avoid closed crowded spaces;
- maintain distance of at least 1 meter from any individual with respiratory symptoms;
- perform hand hygiene frequently, using alcohol-based hand rub if hands are not visibly soiled or soap and water when hands are visibly soiled;
- if coughing or sneezing, cover nose and mouth with flexed elbow or paper tissue, dispose of tissue immediately after use and perform hand hygiene; - refrain from touching mouth and nose;
- a medical mask is not required, as no evidence is available on its usefulness to protect non-sick persons.

Individuals with respiratory symptoms should wear a medical mask and seek medical care if experiencing fever, cough and difficulty breathing, as soon as possible.

Saturday 12th of October 2024 09:46:35 AM