

ADVICE ON THE USE OF MASKS



The Ministry of Public Health does not advise healthy people to routinely wear a mask to reduce their risk of COVID-19. However, it is advised to wear a mask under certain conditions.



IF YOU ARE SICK, WITH RESPIRATORY SYMPTOMS LIKE COUGHING OR SNEEZING, WEAR A MASK:

- While staying at home, especially around family members, and seek medical help by calling the COVID-19 hotline on 16000
- While breastfeeding to protect your infant from infection
- If you are in transit to the hospital
- If you entered a waiting area in a clinic or hospital



IF YOU ARE NOT SICK, WITH RESPIRATORY SYMPTOMS LIKE COUGHING OR SNEEZING, WEAR A MASK **ONLY IF:**

- You are in any of the following high-risk groups and had to go out for a necessity:
 - People diagnosed with a chronic disease (such as diabetes, chronic renal disease, chronic heart disease, chronic lung disease, cancer, immune compromising condition) or if you are taking medications that lower your immunity
 - Older adult (55 years or older)
 - Pregnant or breastfeeding
- You are a care giver or sharing living space with a person suspected to have contacted COVID-19
- You are the caregiver or sharing the same living space with someone who suffers from a chronic condition
- You are required to interact closely with other people in your workplace, such as customers or visitors
- If, for necessity, you need to use public transportation or while riding a car with several other people
- If, for necessity, you need to enter a public or crowded place
- You live or work in a locked down area or share a room with others

HOW TO SAFELY USE A MASK?



Before putting on a mask, clean hands with alcohol-based hand sanitizer or soap and water.



Inspect the mask to ensure that it is not defective before wearing.



Handle the mask only from the side strings or elastic bands. Don't touch the fabric of the mask.



Place the mask on your mouth and nose with the metal part at the top and the colored side facing the outside (away from your face).



Cover mouth and nose with the mask and make sure there are no gaps between your face and the mask.



Avoid touching the mask while using it. If you do, clean your hands with alcohol-based hand sanitizer or soap and water.



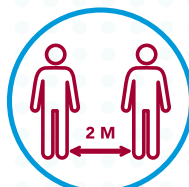
To remove the mask, pull it off from the strings or elastic band (do not touch the front of mask).



Clean your hands with soap and water after removing the mask.



When the mask is no longer usable, discard of it immediately in a closed bin.



Masks are effective only when used in combination with standard infection prevention measures, including practicing physical distancing, avoiding touching the face, and washing or sanitizing hands on a regular basis.