

Face Mask Using Guidelines

Introduction

Face masks are loose-fitting masks that cover the nose and mouth and that are used for preventing the spread of diseases that can be transmitted by respiratory droplets. They are also called dental, isolation, laser, medical, procedure, or surgical masks. They mostly have ear loops or ties for wearing them. Most of them are disposable, and should be used one time only, and should also be removed and replaced when they become moist.

Aim

After reading this guideline, students and personnel should be able to properly put on and remove face mask.

Procedure

Note: Before donning a face mask, clean your hands with soap and water or hand sanitizer.

- 1) Take the mask with both hands and extend it, check for any damage or defect (e.g. tears or holes in either side of the mask).
- 2) Determine which side of the mask is the top (usually is the side that has a stiff bendable edge, which is meant to mold to the shape of the nose).
- 3) Determine which side of the mask is the front (usually the colored side of the mask is the front) and which side is the inner side (the one that will touch the face).
- 4) Place the mask on your face and adjust the nose piece and mold to your nose.
- 5) Secure the mask:
 - a. If you are using a face mask with ear loops: Hold the mask by the ear loops and place a loop around each ear.
 - b. If you are using a face mask with ties: Tie the upper band first at the crown of the head and secure with a bow. Tie the lower band and position around the neck, secure with a bow.
- 6) Fit the mask under your chin.
- 7) For removing the mask:
 - a. If is a mask with ear loops: remove the mask by the ear loops (do not leave the mask hanging from one ear).
 - b. If is a mask with ties: untie or rip the mask off by holding the ties and pulling forward (do not leave the mask hanging around the neck).
- 8) Throw the mask away in a suitable container.