

IMPORTANCE OF PERSONAL MASK HYGIENE



PLATINUM
HEALTH

Wearing of masks is mandatory in all public places as it's one of our first lines of defense to protect ourselves and those around us against the coronavirus. But do we realise that washing our cloth masks is just as important as wearing it correctly?

How to clean a fabric mask:

- Wash fabric masks in soap/detergent and preferably hot water at least once a day.
- If it is not possible to wash the mask in hot water, then wash it in soap/detergent and room temperature water, followed by boiling the mask for 1 minute.
- The mask is best dried in the sun and ironed.

How do I store my cloth mask?

- Masks should not be placed in pockets for later use.
- To store or transport, carefully fold the mask so the contaminated outside is folded inward and against itself.
- Place in clean or new paper bag and perform hand hygiene.

Can disposable medical face masks be sterilised and reused?

- NO
- Disposable medical face masks are intended for a single use only.
- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

General tips:

- Make sure to clean your hands before touching your mask.
- Make sure you have your own mask and do not share it with others.
- Resist the temptation to pull down your mask to your chin or take it off when speaking to other people.
- Do not store your mask around your arm or wrist or pull it down to rest around your chin or neck. Instead, store it in a clean plastic bag.

Masks should be used as part of a comprehensive 'Do it all!' approach including physical distancing, avoiding crowded, closed and close-contact settings, good ventilation and washing/sanitising of hands.

