

ePROTECT Pre-deployment training for Acute Respiratory Infections



When and how to wear a medical mask



Learning Objectives

By the end of this session, you will be able to:

- Summarize when you should use a medical mask
- 2. Describe the steps to put on a medical mask
- 3. List the steps to take off a medical mask





Session Outline

- 1. When to put on a medical mask?
- 2. How to put on a medical mask?
- 3. How to take off a medical mask?





1. When to put on a medical mask?

- A. During a mission if you develop respiratory symptoms
- B. If you are in close proximity (less than 1 meter) with someone with respiratory symptoms
- C. If on a mission to a country with an acute respiratory infection (ARI) outbreak, and you are expected to visit health care facilities with patients with respiratory symptoms

Please note: Staff whose mission's terms of reference include performing direct patient care should contact the Clinical Management and IPC focal points for specific briefing!





2. How to put on a medical mask? (1) 6 steps

- Before touching the mask, wash your hands with an alcohol-based hand rub (ABHR), or soap and water if your hands are visibly soiled
- 2. Take a face mask and inspect it for tears or holes
- 3. Orient which side is the top side (where the metal strip is)
- 4. Ensure the proper side of the mask faces outwards (the coloured side)



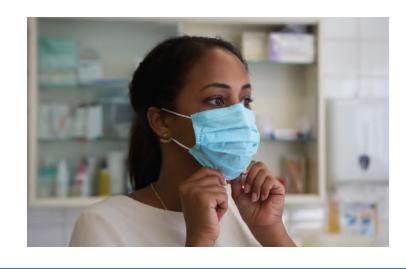




2. How to put on a medical mask? (2) 6 steps

- 5. Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
- 6. Pull down the mask's bottom so it covers your mouth and your chin.









3. How to take off a medical mask?

- After use take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask
- Medical masks must be discarded immediately after use in a notouch bin!
- Perform hand hygiene after touching or discarding the mask
 - Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water







What do you remember?

- When should you use a medical mask?
- What distance is considered close proximity from a person with respiratory symptoms?
- How is a medical mask put on, taken away and disposed of?



