



Continued precautions due to COVID-19

Guidelines for the use of face masks for diseases transmitted by droplets and/or spray from the respiratory tract

- Avoid crowds and **keep at least 1 metre's distance from other people** as much as possible.
- **Wear a face mask if 1 metre's distance from others can not be kept** such as: in museums, shops, health services, domestic flights and ferries, public transport, taxis and group cars, in practical driving and flight training, as well as in cultural activities, hairdressing, beauty salons, massage parlors, tanning salons, other similar activities.
- **Ensure good ventilation.**
- **Wash and sanitize your hands often.** It is important that providers of any kind of services wash and/or sanitize their hands before providing service, preferably in front of the individual receiving the service.
- **Restrictions on gatherings.** A maximum of **50** people can meet in public or private spaces, indoors and outdoors. In large events, up to **500** people can come together, if the participants present a negative result from a rapid COVID-19 test not older than 48 hours.
- **Good general cleaning.**

Everyone with symptoms suggestive of COVID-19 (sore throat, cough, fever, shortness of breath, bone and muscle aches, fatigue, sudden loss of smell and taste or gastrointestinal illness) has to get a PCR test as soon as possible and stay away from others while symptoms persist even if COVID-19 is not detected.

Face masks suitable for the general public to prevent the spreading of diseases transmitted by droplets and/or spray from the respiratory tract (e.g. COVID-19, influenza)

1. Disposable "surgery masks" with elastic at the sides and built-in wire to shape it to the nose



the air they inhale.

These masks are made of three layers of paper-like material, with a layer that filters particles in the middle. These face masks are of different thicknesses, absorb different amounts of moisture and have different filtration properties. They catch droplets coming from the respiratory tract and saliva of the wearer, so they are less likely to spread to others and the environment. They also reduce the chances of the individual wearing the mask contracting the virus, by filtering

Hands need to be cleaned before the surgery mask is put on and after it is touched or removed. The surgery mask should be tight to the face; cover the nose, mouth and the chin. The mask needs to be replaced when it becomes damp or damaged. The maximum using time is 4 hours. If the mask is used for a short period and is to be re-used, it must be stored in a closed container between uses and hands must be washed or sanitized after contact with the mask. Used masks shall be disposed of in general garbage.

- [Poster on the safe use of surgical masks](#)

2. Reusable face masks (cloth masks)



They can be bought or sewn at home. A workshop agreement on face masks has been published by the European standards organisation CEN. It defines the requirements that cloth face masks must meet, such as how to use them and how to wash them, as well as containing instructions on how to sew face masks. Such face masks are suitable for the general public but are not to be used when providing healthcare. The reusable face mask can reduce the spread of the virus to others from those who wear the mask as long as it is properly placed and clean and does not have a valve that lets out unfiltered air. There are many different types of reusable face masks, but they must cover the nose, mouth and chin; be tight to the face; be multi-layered (at least two layers and preferably three layers); and be made of a material that can be washed, preferably at 60°C. Fabrics used in such face masks



must allow air to pass through, be sufficiently soft and flexible to sit tight to the face, not be too hot, not be irritating and be resistant to washing at 60°C. Hands need to be cleaned before the face mask is put on and after it is touched or removed. At a minimum, a reusable face mask must be washed daily. They can be washed with other clothing at the highest temperature the fabric can withstand. It is best to dry them in a dryer.

- Reusable face masks cannot be frozen to remove contaminants. Viral or bacterial material remains in the fabric and does not lose its ability to infect with freezing.

Reusable face masks are not standardised in the same way as masks for healthcare professionals and are not suitable for activities with close proximity if the rules for suspending proximity limits are based on the use of masks.

3. Protective respirator masks (fine-particle masks FFP2, (N95), FFP3, (N99))



These masks are specially designed for use by healthcare professionals caring for people with diseases transmitted by airborne infections, e.g. COVID-19, influenza, tuberculosis or measles. Such masks must be fitted to the person in question to ensure that the correct size is used

REMEMBER!

There is no protection from a mask worn on the forehead, under the nose, under the chin, dangling on the ear or on the arm.



Face masks and shields NOT suitable for preventing the spreading of diseases transmitted by droplets and/or spray from the respiratory tract (e.g. COVID-19, influenza)

1. Face masks with exhalation valves



The purpose of a face mask is to prevent airborne droplets from spreading to others. If face masks have a one-way valve or an air hole that releases unfiltered air, droplets can be transmitted to others. Such face masks therefore do not reduce the risk of infection from an individual with COVID-19 to others. The Chief Epidemiologist **does not recommend** the use of a face mask with a valve.

2. Face shield/cover



Transparent plastic face covers replace protective goggles. They can prevent droplets from landing on the face and prevent the wearer from touching his/her face. They are made from different materials and have different shapes but should cover the area from the forehead to well below the chin. These covers are open at the bottom and sides and do not prevent the spread of droplets during coughing or sneezing and therefore do not provide the same protection as a mask. Put the face shields on with clean hands and wash and sanitize the hands after removing the cover. Face covers are produced for single use, but if re-used, they must be washed with soap and water or disinfected after use. Healthcare professionals treating COVID-19 patients who are wearing a face shield/cover shall wear a mask underneath.

The face shield can be useful when the face of the wearer needs to be visible as they do not obstruct speech.

Those who are unable to wear a face mask due to health reasons or due to deafness, and who use a face shield instead, should wear a shield that covers the sides of the face well and down below the chin or use a shield with a hood.



- Face shields/covers do not replace masks
- Plastic masks do not replace masks