

Coronavirus (COVID-19): Primary health care workers and masks



Protect yourself from occupational infection

When should I wear a mask?

- Wear a surgical mask if:
 - Triaging patients.
 - Assessing/managing a patient with suspected or confirmed COVID-19 (also wear gloves, apron/gown and goggles/visor).
- Wear an N95 respirator if:
 - Taking naso- or oropharyngeal specimens or intubating a patient with suspected or confirmed COVID-19.
 - Assessing or managing a patient with suspected or infectious pulmonary TB.

When do I change or discard my mask?

- If triaging patients, change/discard your mask if it gets wet/dirty/damaged or when leaving triage area.
- If seeing a patient with suspected or confirmed COVID-19:
 - Immediately discard your mask after seeing the patient.
 - Use a new mask for each patient.
- If seeing a patient with TB:
 - An N95 respirator may be re-used for up to 8 hours.
 - Discard your respirator if it gets wet/dirty/damaged or after 8 hours of use.
 - Store your respirator between uses: place it in a clean paper bag or folded paper towel. Avoid touching inside of respirator and wear gloves when replacing it.



See here on how to remove an N95 respirator:

https://drive.google.com/open?id=1Pc1byS-qXo2DKLhpuBPf_iAQ6Bfi9fd2

How do I test that my N95 respirator fits correctly?

- There are various types and sizes of N95 respirators available.
- Check yours is the best type and size for your face. This will ensure it works properly.

See here on how to fit your N95 respirator:

<https://drive.google.com/open?id=1zKeSz1AnjoOfy5ta4zdP6JDxtOnz7Mct>



What should I advise the public about wearing a mask?

- A person should wear a surgical mask if s/he:
 - Has suspected or confirmed COVID-19.
 - Is caring for someone with suspected or confirmed COVID-19.



Ensure masks, N95 respirators and other personal protective equipment are used appropriately and kept safe within your facility.