

COVID-19 TOOLBOX

MEDBOX.ORG

Issue Brief

The MEDBOX team starts a new feature: we would like to focus on a selected topic from time to time and briefly present the resources available in the MEDBOX. We would be happy to receive a short feedback if this issue brief is helpful or which topics you would like to have presented in this new format.

Masks and Covid-19

Background information

The main route of transmission of the Covid-19 virus are small respiratory droplets. As stated by the World Health Organization: 'Wearing a medical mask is one of the prevention measures that can limit the spread of certain respiratory viral diseases, including COVID-19.'¹ However, wearing a mask alone does not help to reduce the infection. It needs to be accompanied by good hand hygiene and other infection prevention measures such as social distancing. Additionally, it is essential to have a good mask management, including careful placing and removing of the masks (See: "[Q&A for the public](#)").

Professional masks are essential for the protection of health care workers. Recommendations for the general public on wearing masks in the community are different (See: "[Guidance for Health Care Workers \(HCW\)](#)").

In the current situation an innumerable amount of information on Covid-19 is spreading, with some people already speaking of an 'infodemic'. It is very difficult to find information from trustful sources with evidence-based recommendations. Therefore, MEDBOX created the Covid-19 Toolbox (www.covid19box.org), a collection of up-to-date resources of high quality on Covid-19. It collates guidelines, IEC material including videos and online courses, action plans and much more on one website. It also includes a link to other useful resource platforms with trustful information.

Useful resources in MEDBOX

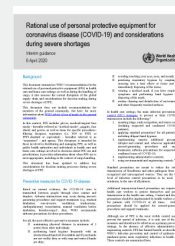
Guidance for Health Care Workers (HCW)

Rational use of personal protective equipment for coronavirus disease (COVID-19) and considerations during severe shortages.

World Health Organization

This document summarizes WHO's recommendations for the rational use of personal protective equipment (PPE) in health care and home care settings, as well as during the handling of cargo; it also assesses the current disruption of the global supply chain and considerations for decision making during severe shortages of PPE.

<https://www.medbox.org/document/rational-use-of-personal-protective-equipment-for-coronavirus-disease-covid-19-and-considerations-during-severe-shortages>



¹ World Health Organization. Advice on the use of masks in the context of COVID-19. Interim guidance. 6 April 2020. Available from: [https://www.who.int/publications-detail/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-outbreak](https://www.who.int/publications-detail/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak)

Advice on the use of masks in the context of Covid-19. World Health Organization

This document gives advice on the use of masks in communities, home care, and in health care settings in areas that have reported cases of COVID-19. The target audience are individuals, public health professionals, health care managers, health care workers, and community health workers. The updated version includes a section to decision makers on the use of masks for healthy people in community settings.

<https://www.medbox.org/document/advice-on-the-use-of-masks-in-the-context-of-covid-19>



Cloth masks and mask sterilisation as options in case of shortage of surgical masks and respirators.

European Centre for Disease Prevention and Control

This document aims to provide advice on the use of cloth face protection masks and sterilisation of respirators and surgical masks as an alternative in healthcare settings with suspected or confirmed COVID-19 cases if there is a shortage of specialised surgical masks and respirators.

<https://www.medbox.org/document/cloth-masks-and-mask-sterilisation-as-options-in-case-of-shortage-of-surgical-masks-and-respirators>



Q&A for the public

When and how to use a face mask. World Health Organization

This page summarizes important questions from the public on when and how to use a face mask. There are also posters and pictograms for download available. Information is also available in other languages (Arabic, Chinese, French, Russian, Spanish).

<https://www.medbox.org/document/how-to-put-on-use-take-off-and-disposeof-a-mask>
<https://www.medbox.org/document/when-to-use-a-mask>
<https://www.medbox.org/document/when-and-how-to-use-masks>



Use of Cloth Face Coverings to Help Slow the Spread of COVID-19. Centers for Disease Control and Prevention CDC

Instruction how to produce and how to wear masks for the Public

<https://www.medbox.org/document/use-of-cloth-face-coverings-to-help-slow-the-spread-of-covid-19>

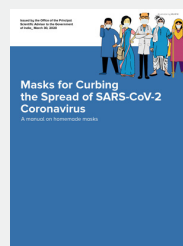


Masks for Curbing the Spread of SARS-CoV-2 Coronavirus.

Office of the Principal Scientific Advisor to the Government of India

A manual on homemade masks. This guide is designed to provide a simple outline of best practices to make, use and reuse masks to enable NGOs and individuals to self-create such masks and accelerate widespread adoption of masks across India.

<https://www.medbox.org/document/masks-for-curbing-the-spread-of-sars-cov-2-coronavirus>



Community use of face masks

African Union

The document also provides advice on the use of masks during home care¹ for patients with COVID-19.

<https://www.medbox.org/document/community-use-of-face-masks>



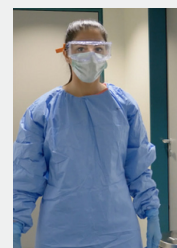
Online courses

Personal Protective Equipment

World Health Organization

This is a guide for healthcare workers involved in patient care activities in a healthcare setting. It aims to show the type of personal protective equipment or PPE needed to correctly protect oneself. Based on the current available evidence, the WHO recommended PPE for the care of COVID patients are CONTACT and DROPLET precautions, with the exception of aerosol producing procedures, which require CONTACT and AIRBORNE (hence, a respirator mask such as N95, FFP2, FFP3).

<https://www.medbox.org/document/covid-19-how-to-put-on-and-remove-personal-protective-equipment-ppe>



Further reading

Rational use of face masks in the COVID-19 pandemic. The Lancet Respiratory Medicine

Feng et al.

This article summarizes recommendations on face mask use in community setting from different countries including China, Hong Kong, Singapore, Japan, USA, UK and Germany.

<https://www.medbox.org/document/rational-use-of-face-masks-in-the-covid-19-pandemic>



Wearing face masks in the community during the COVID-19 pandemic: altruism and solidarity.

Kar Keung Cheng, et al.

The Lancet: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30918-1/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30918-1/fulltext)



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