

USING A MASK



The use of face masks to protect against the spread of respiratory diseases such as Covid-19, the flu and mycoplasma does not guarantee that it will not spread the infection. Studies have not shown a clear benefit from wearing a mask if the person is healthy. If you don't have respiratory symptoms, you don't need to wear a mask. The Pan American Health Organization/World Health Organization (PAHO/WHO) recommends the use of face masks:

- If you have respiratory symptoms such as coughing, sneezing or shortness of breath.
- When you visit an urgent care center, emergency room or doctor's office to protect those around you
- if you are caring for a sick person with respiratory symptoms

How do I put on, use, remove and discard the mask?

Some research shows that people can become infected by touching a contaminated mask they've been wearing, or by removing it incorrectly. The follow measures are recommended for using a mask:

- Before putting on a mask, wash your hands with an alcohol-based hand sanitizer or soap and water.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while wearing it. If you do, wash your hands with an alcohol-based hand sanitizer or with soap and water.
- Replace the mask with a new one as soon as it becomes wet. Don't reuse disposable masks.
- To take the mask off, remove it from behind (do not touch the front of the mask), discard it immediately in a waste can with a lid. Wash your hands with an alcohol-based hand sanitizer or with soap and water.

At MCS, our priority is to give you peace of mind and keep you informed. We're committed to educating and protecting citizens with the appropriate response.

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Orientation services and phone consulting, with healthcare professionals addressing concerns regarding the correct management of medical conditions and symptoms.

References: <https://www.paho.org>