

The truth about masks

Wear a mask only if you are sick. There is no community spread of the Wuhan virus, so there is no need to wear a mask if you are well. But wash your hands regularly.



WHEN AND HOW TO WASH YOUR HANDS

Washing your hands is one of the best ways for you and your family to avoid getting ill.

Wash your hands often, especially:

- Before, during, and after preparing food;
- Before eating;
- Before and after caring for someone who is sick;
- Before and after treating a cut or wound;
- After using the toilet;
- After changing diapers or cleaning up a child who has used the toilet;
- After blowing your nose, coughing, or sneezing;
- After touching an animal, animal feed, or animal waste; and
- After touching garbage.

Wash your hands the right way

- Clean hands can stop germs from spreading from one person to another and throughout the community.
- Wet your hands with clean running water, turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean running water.
- Dry your hands using a clean towel or air-dry them.



Use hand sanitiser if you don't have soap and water

- Use an alcohol-based hand sanitiser that contains at least 60 per cent alcohol.
- Sanitisers do not get rid of all types of germs and may not be as effective when hands are visibly dirty or greasy. They also may not remove harmful chemicals.

WHO NEEDS TO WEAR A MASK

- Masks are meant to be worn only by people who are unwell. They are designed to prevent the passing of a virus from the wearer, not the other way around.
- They are not meant for healthy people doing their day-to-day chores.
- Masks do not confer

automatic protection against the virus.

- Wearing a mask wrongly can render it ineffective or give users a false sense of security.
- Viruses are often passed through contact, such as by touching a contaminated lift button or door handle, and then touching your face.

"Masks do not confer automatic protection against the virus. It is not something that you can wear and automatically get protected. Medical experts have highlighted that sometimes wearing a mask or wearing it wrongly can give you a false sense of security. You wear it wrongly, it may not be effective. Worse, if you wear it and you still use your hands to touch your face constantly, it doesn't help at all because there is more likelihood that the virus can spread through contact and through your hands."

NATIONAL DEVELOPMENT MINISTER LAWRENCE WONG



HOW TO WEAR A MASK PROPERLY

- Wash your hands with soap and water before touching the mask.
- Remove mask from the box and make sure there are no obvious tears or holes.
- The metal band should be at the top.
- Place the loops behind your ears, or tie one set of bands behind your head and the other pair behind your neck.
- Pull the bottom of the mask under your chin towards your neck.

• With your fingers, press the metal band so that it conforms to the bridge of your nose.

- Make sure there are no gaps between the mask and your face.
- Discard masks if wet or soiled. Do not wear one for more than 24 hours.
- Wash your hands after removing the mask.

Source: UNITED STATES CENTRES FOR DISEASE CONTROL AND PREVENTION
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