



衛生防護中心  
Centre for Health Protection

## Infection Control Branch

### Use Mask Properly

Face mask provides a physical barrier to fluids and large particle droplets. Surgical mask is a type of face mask commonly used. When used properly, surgical masks can prevent infections transmitted by respiratory droplets.

2. People should wear a surgical mask when they have respiratory infection; when taking care of patient with respiratory infection; or when visiting clinics or hospitals during pandemic or peak season for influenza in order to reduce the spread of infection.

#### Points to note on wearing a surgical mask:

- (a) Choose the appropriate mask size. Child size is available for selection as indicated.
- (b) For safety reasons, mask-wearing is not recommended for
  - children below age of 2
  - people with difficulty breathing
  - people need assistance to remove the mask.
- (c) Perform hand hygiene before putting on a surgical mask.
- (d) The surgical mask should fit snugly over the face:
  - (i) Most surgical masks adopt a three-layer design (Annex I) which includes an outer fluid-repelling layer, a middle layer serves as a barrier to germs, and an inner moisture-absorbing layer. Mask without the above-mentioned three-layer features is not recommended as it cannot provide adequate protection against infectious diseases transmitted by respiratory droplets. Wearer should follow the manufacturers'

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recommendations when using surgical mask, including proper storage and procedures of putting on surgical mask (e.g. determine which side of the mask is facing outwards). In general, the coloured side/the side with folds facing downwards of the surgical mask should face outwards with the metallic strip uppermost (Image 1).

- (ii) For tie-on surgical mask, secure upper ties at the crown of head. Then secure lower ties at the nape (Image 2). For ear-loops type, position the elastic bands around both ears.
- (iii) Extend the surgical mask to fully cover mouth, nose and chin (Image 3).
- (iv) Mould the metallic strip over nose bridge and the surgical mask should fit snugly over the face (Image 4).
- (e) Avoid touching the surgical mask after wearing. Otherwise, should perform hand hygiene before and after touching the mask.
- (f) When taking off tie-on surgical mask, unfasten the ties at the nape first; then unfasten the ties at the crown of head (Image 5). For ear-loops type, hold both the ear loops and take-off gently from face. Avoid touching the outside of surgical mask during taking-off as it may be covered with germs.
- (g) After taking off the surgical mask, discard in a lidded rubbish bin and perform hand hygiene immediately.
- (h) Change surgical mask timely. In general, surgical mask should not be reused. Replace the mask immediately if it is damaged or soiled.



Image 1

Image 2

Image 3

Image 4

Image 5

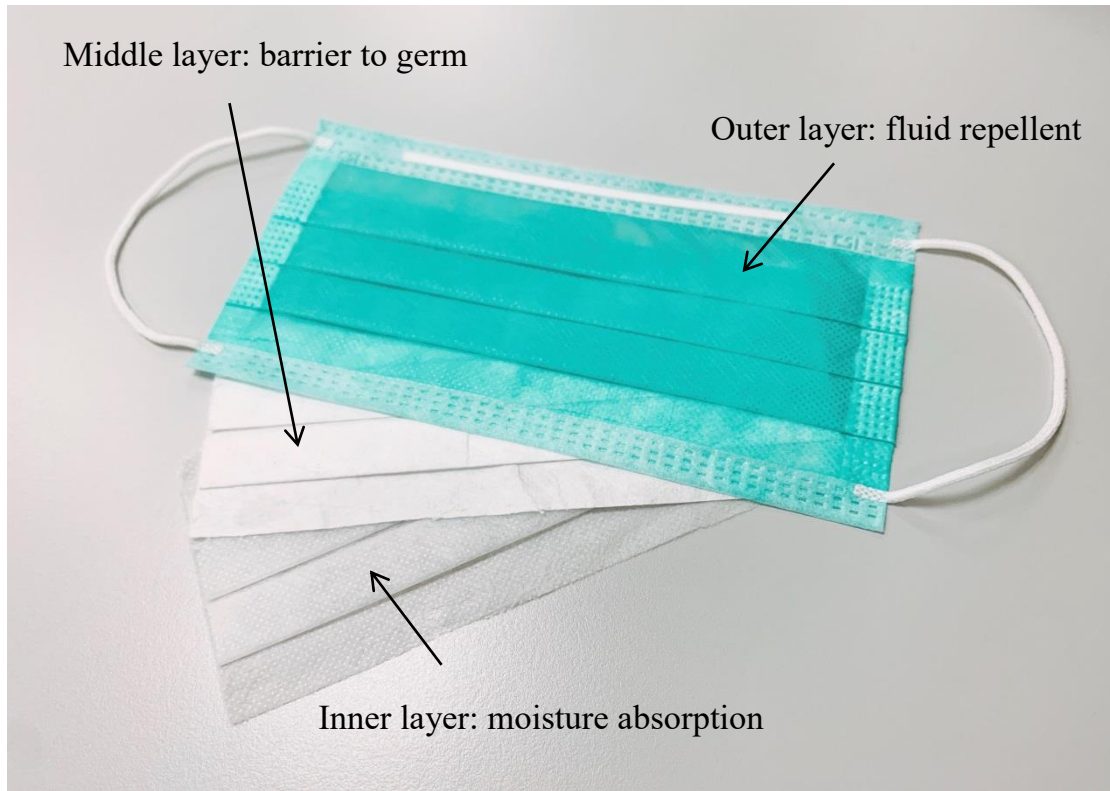
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### Illustration of Three-layer Design Surgical Mask



## **Recommendations on Use of Surgical Mask during Influenza Pandemic in the Community Setting**

During Influenza Pandemic, apart from using surgical mask properly, we should adopt the following preventive measures vigilantly to minimize the risk of getting infection:

- (a) Perform hand hygiene frequently and properly.
- (b) Perform hand hygiene before touching eyes, nose and mouth.
- (c) Maintain respiratory etiquette/cough manners (Picture below).
- (d) Stay at home if got sick and minimize contact with others.
- (e) Stay away from possible sources of infection:
  - (i) Minimize unnecessary social contacts and avoid visiting crowded places. If this is necessary, minimize the length of stay whenever possible. Moreover, person at a high risk of having infection-related complications, e.g. pregnant woman or persons with chronic illnesses are advised to wear surgical mask.
  - (ii) Avoid close contact with the infected persons.

# 咳嗽要講禮

## Maintain Cough Manners

