

## Supplementary Note on Use Mask Properly

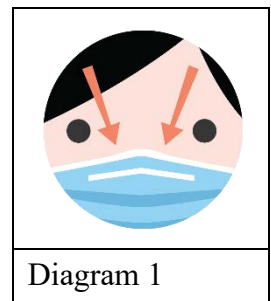
### Choose the Right Surgical Mask

A properly worn surgical mask has offered effective respiratory protection against SARS-CoV2 in the community since the start of pandemic.

With Omicron variant of concern which is more transmissible among people, proper use of surgical mask remains effective in normal circumstances. However, in the current situation with local transmission, and increased risk of acquiring infection when going to crowded places and poorly ventilated enclosed environment, surgical mask should be well-fitted against the face to maximize its protective effect against small respiratory droplets.

You should choose surgical masks that are well-fitted:

- Appropriate size to completely cover nose, mouth and chin without gaps.
- Attain good seal with the face by minimising air leak from edges.
- Fit securely to the head with ear loops or ties.
- Equipped with metallic strip over nose bridge. Always mold the strip over the nose close to the face when putting on the mask (*diagram 1*)
- Be comfortable and not require frequent adjustment.



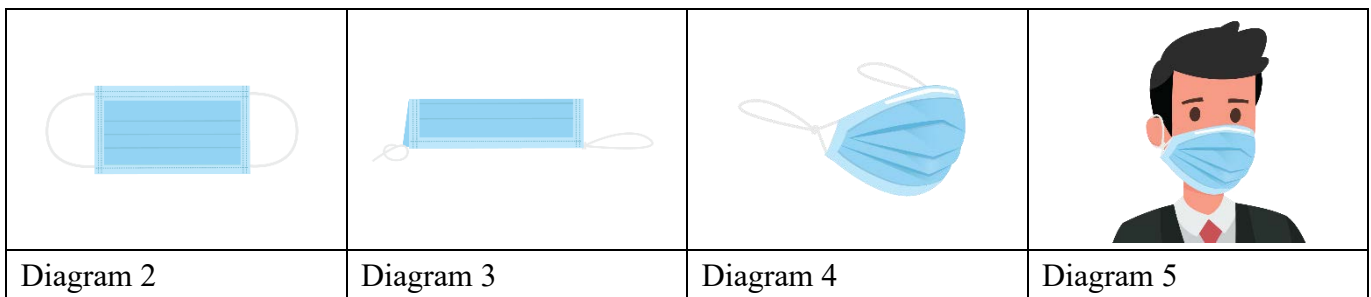
It is important to check that the mask fits snugly over your nose, mouth, and chin:

- Check for gaps by cupping your hands around the outside edges of the mask.
- Make sure no air is flowing from the area near your eyes or from the sides of the mask.

- If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.

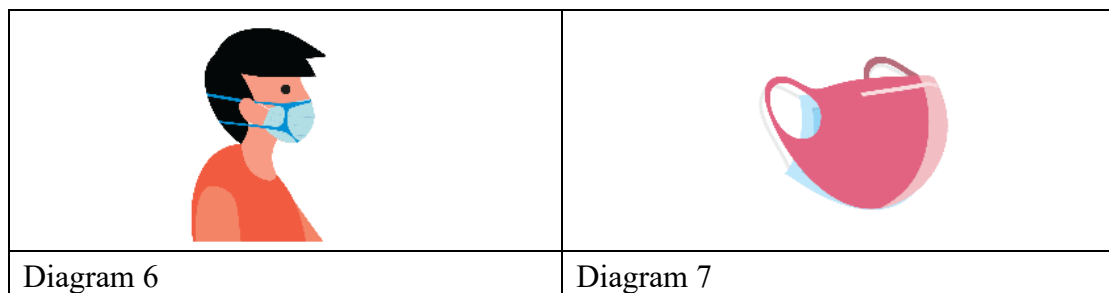
If you find your surgical mask is not well-fitted despite the above measures, you may consider to:

- Knot and tuck ear loops of the surgical mask where they join the edge of the mask. Then fold and tuck the unneeded material under the edges (*diagrams 2-5*)
- This should be done before you start using the mask when it is clean. Hand hygiene should be performed before touching the mask



If well-fit still cannot be attained, use of assistant devices or an additional cloth mask may help:

- Put a strap or clip at the back of head to pull the ear loops of the surgical mask together *OR*
- Wear a mask fitter or brace over the surgical mask to reduce air from leaking around the edges of the mask. (*diagram 6*) *OR*
- Wear an additional cloth mask over the surgical mask to reduce air from leaking around the edges of the mask (*diagram 7*)



Before starting to use assistant devices or cloth mask on top of surgical mask, one should always test them at home to ensure breathing and vision are not obstructed, and there are no other safety concerns.

Assistant devices should be properly cleaned after use, whereas cloth mask should be washed with laundry detergent and warm water at least daily.

Remarks:

- Do not combine two surgical masks since surgical mask is not designed to fit tightly and wearing more than one will not improve fit.
- Respirators should be used in healthcare and other high-risk settings and are not recommended in the community settings since proper training and fit test need to be conducted prior to use.

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