



衛生防護中心
Centre for Health Protection

正確使用口罩的補充資料

選擇合適的外科口罩

預防嚴重急性呼吸綜合症冠狀病毒 2 (SARS-CoV2) 大流行期間在社區傳播，正確配戴外科口罩一直是有效的方法。

Omicron 變異病毒株傳播力較強，在一般情況下，正確配戴外科口罩仍然有效。在現時出現本地傳播的情況下，如果必須前往人多擠逼、空氣流通欠佳的地方或在密封的地方逗留時，感染風險較以往高，外科口罩更須緊貼面部以充分發揮其阻隔飛沫微粒的功能。

應選擇緊貼面部的外科口罩：

- 選擇合適尺碼的外科口罩，以完全覆蓋口、鼻及下巴。
- 確保口罩能緊貼面部，使空氣不能從口罩邊緣的空隙漏出。
- 綁緊固定口罩的綁帶，或將口罩的橡筋穩繞在耳朵上。
- 外科口罩上側附有金屬條，配戴口罩時應將外科口罩的金屬條沿鼻樑兩側按緊。(圖 1)
- 配戴後，應感到舒適並毋須經常調整口罩位置。

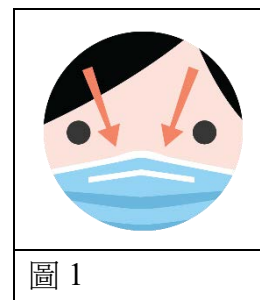


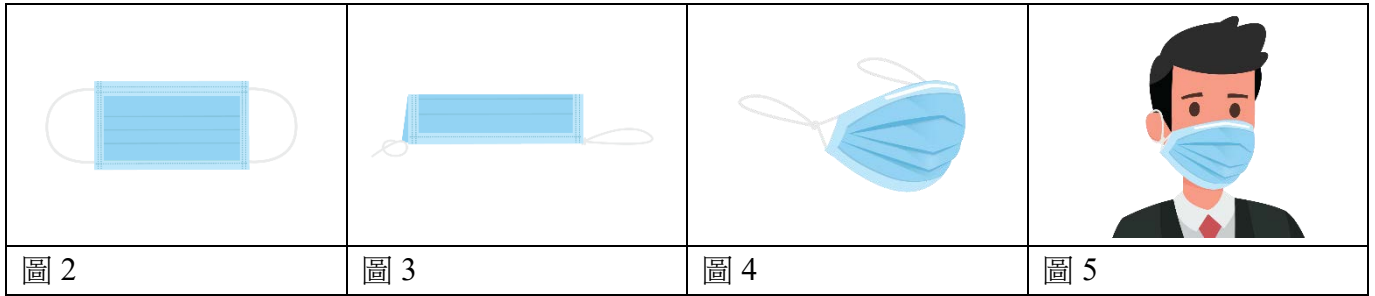
圖 1

檢查口罩是否緊貼面部：

- 將雙手掬成杯狀放在口罩，檢查外側邊緣是否留有空隙。
- 確保沒有空氣從眼部附近區域或口罩兩側邊緣漏出。
- 若口罩緊貼面部，應能感覺到溫暖的空氣穿過口罩前方，並可以看到口罩隨每次呼吸而起伏。

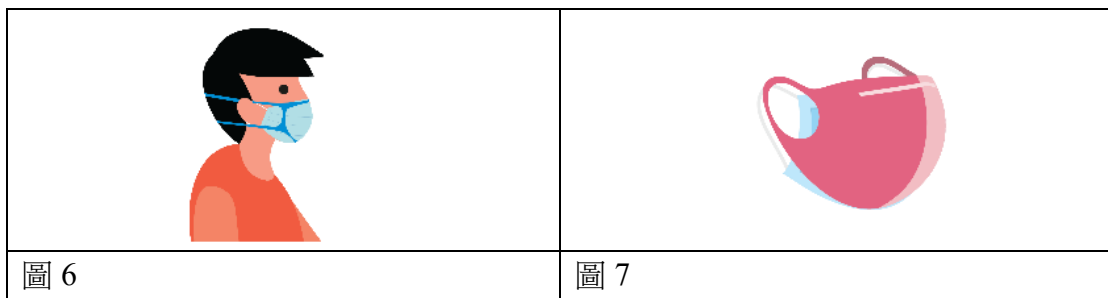
如口罩未能透過以上方法緊貼面部，應考慮：

- 將口罩的橡筋於口罩邊緣打結並整理好，然後將多餘的口罩材料摺疊並藏於口罩邊緣內。(圖 2-5)
- 以上步驟應在口罩尚未受污染時進行，在接觸口罩前須徹底潔手



如口罩仍未能緊貼面部，使用輔助工具或在外科口罩外加上布口罩或會有所幫助：

- 可使用口罩扣或夾子，在頭部後方收緊外科口罩的耳帶，令口罩更緊貼面部；
- 在外科口罩外佩戴口罩貼面框，以減少空氣從口罩邊緣漏出 (圖 6)；或
- 在外科口罩外加上布口罩，以減少空氣從口罩邊緣漏出 (圖 7)。



在使用輔助工具或在外科口罩外加上布口罩之前，應先在家進行測試，確保呼吸和視力不受阻礙，以及不構成其他安全問題。

輔助工具使用後應妥善清潔。布口罩用後應清潔消毒，例如最少每日以清潔劑及暖水清洗。

備註：

- 同時佩戴多於一個外科口罩不能改善口罩與面部之貼合，因此不應同時佩戴兩個外科口罩。
- 呼吸器應在醫療環境和其他高風險場所中使用。使用呼吸器前需進行面型配合測試 (Fit Test) 及接受特別訓練，因此不建議於社區中使用呼吸器。

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Supplementary Note on Use Mask Properly

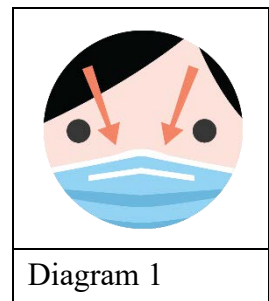
Choose the Right Surgical Mask

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.



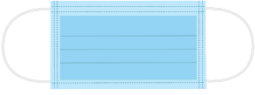

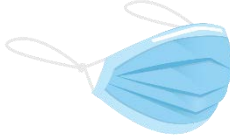

It is important to check that the mask fits snugly over your nose, mouth, and chin:

- 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

			
Diagram 2	Diagram 3	Diagram 4	Diagram 5

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*)

	
Diagram 6	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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