

CHILDLINE NEWSLETTER

07th May 2020



COVID-19: Do's and Don'ts of Wearing a Mask

Coronavirus and the subsequent lockdown have wreaked havoc in our lives. People have to wear a mask and adhere to various preventive measures for simple daily chores like going out to buy groceries, medical supplies or even fill fuel in our cars. While wearing a mask is important, there are certain rules that must be followed. The World Health Organization (WHO) has given several guidelines for the rational use of a mask to protect oneself from infection.



The list of Do's and Don'ts of wearing a mask:

Do's

- It is important to clean your hand with soap and water or sanitizer before wearing a mask.
- Cover your nose and mouth with the mask and make sure that there are no gaps between your face and mask.
- Replace the mask as soon as it becomes damp and do not reuse single use masks.
- To remove the mask, remove it from behind, (do not touch the front of the mask) and discard it immediately in a closed bin and wash your hands with soap and water or sanitizer.
- You need to wear a mask, if you are taking care of a COVID-19 patient or a sick patient.
- Masks are most effective when used in combination with soap and water or sanitizer.

Don'ts

- Do not use ripped or damp mask.
- Do not wear a mask only over your nose or mouth.
- Do not use loose fitting mask.
- Do not touch the front of the mask.
- Do not remove your mask to talk to someone.
- Do not leave your mask within the reach of someone.
- Do not reuse masks.

Point to remember: Masks alone cannot protect you from COVID-19. Maintain at least 1 meter distance from others and wash your hands frequently and thoroughly even while wearing a mask



Resources and information on COVID-19

<https://www.childlineindia.org/a/covid19>

Donate to CHILDLINE and support our COVID-19 relief efforts.

https://www.childlineindia.org/a/fundraiser_campaign/168477