

# Choosing and using a mask properly

Choose the right mask to suit your needs to protect your health and avoid waste

A mask is a type of protective mask used to cover the nose and mouth area to help prevent and protect the wearer from being infected with bacteria, diseases, and dust through the respiratory tract.



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## Common types of masks

### Sun protection mask



Sun protection masks are made of fabric

Sunshade masks are made of cloth with an ear strap, usually only have the effect of shading, blocking large-sized dust, can prevent the smell of car smoke, and if the wearer does not disinfect before use, it will easily infected with skin infections, respiratory diseases, .

Masks made of ordinary cloth do not have the effect of filtering toxic gases such as smoke, gasoline, oil, coal, etc.

## **Medical masks**



Medical masks made of non-woven fabrics or special materials

Medical masks made of non-woven fabrics or special materials, with many folds, help to fit tightly around the nose and mouth, effectively preventing large particles of dust or crystals from entering the mouth and nose.

Medical masks are often used in medical facilities, especially those who do surgical and dissection jobs.

## **Masks containing activated carbon**



Masks containing activated carbon

The structure of the active mask has 3-4 layers, of which 2-3 layers of antibacterial filter and one layer of activated carbon filter work to prevent bacteria, dirt and odors from the outside air.

The mask contains activated carbon with the ability to absorb and filter dust, polluted smoke, bacteria, . from the external environment entering the mouth and nose.

## Premium masks



### N95 high-grade mask

When it comes to high-end masks, people often refer to N95, N99, P95 masks, etc. While medical masks mainly help the wearer avoid large-sized dust and splashes, N95, N99, P95, . if used correctly, can help protect the wearer better.

The name N95, N99, P95, . comes from the filtering ability of this mask.

1. **N** - Short for *Not Resistant to oil* , which means Not resistant to oily substances.
2. **P** - Short for *Oil Proof* , means Resistant to Oily Substances.
3. **95%** or **99%** - Means at least 95% or 99% of the microscopic particulate matter in the air is filtered out.

## Choose a mask that suits your needs

After understanding the uses of each different mask, you can now choose which type of mask is suitable for your needs to protect your health and avoid waste.

1. If you just need to cover the sun or prevent the usual daily smoke and dust when traveling, a reusable cloth mask will be the choice for you.
2. If you are afraid of having to wash cloth masks after each use, you can use paper masks, disposable medical masks and then discard them.
3. Masks containing activated carbon are suitable for use in environments with a lot of smoke, dust, odors, .
4. High-grade masks should be used in necessary cases such as when entering heavily polluted areas to avoid waste.
5. Medical masks should be purchased at pharmacies or medical equipment stores, supermarkets, . to avoid buying fake fakes of poor quality.

6. In addition, you will be advised by health agencies and organizations, which type of mask to use in case of necessity.

## How to choose a mask that fits your face

Ordinary masks do not require a tight fit, so there are only two sizes for adults and children, very easy for you to choose. High-end masks require tight coverage and must not have gaps, so you must choose the right size for your face.

### Reference table on how to choose mask size according to body weight

Age	Weight	Size
Children from 1.5 - 4 years old	6 - 10kg	XS
Children from 5 to 10 years old	11 - 32kg	S
Adult	33 - 64kg	USA
Adult	65 - 89kg	OFFER
Adult	90kg	XL

## Use a mask properly



When wearing a mask, it must cover the entire nose and mouth area

1. When wearing a mask, it must cover the entire nose and mouth. The strap is hooked to the ears or around the head.
2. Medical masks must be worn according to the manufacturer's instructions. Usually, the darker side will be on the outside and the lighter side will be on the inside.
3. If you can't distinguish the color, pay attention to the side with the manufacturer's name or Logo printed on the outside.
4. If the mask needs to be closed, the mask will have a thin plastic or metal bar attached, when wearing it, use your finger to press it to create a shape that hugs the bridge of your nose to keep it closed.
5. The mask can be pleated to help you stretch it to fit your face when needed.
6. Cloth masks are reusable and must be washed regularly every day or after use.
7. Medical masks can only be used once, then put in a trash can with a safe lid and do not reuse.

8. Some types of high-end masks can be used many times.
9. While using the mask, you should not touch the mask, especially the nose and mouth area because this place is very dirty and you can get bacteria on your hands. Do not use a mask that has been torn, dirty, .

The above are general instructions for use, you need to carefully read the manufacturer's instructions before using for each individual mask.

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