

The right way to wear a medical mask is to prevent and prevent Corona virus

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Wearing a medical mask is one of the preventive measures to prevent the spread of many respiratory diseases, including the Corona virus, the culprit causing strange pneumonia in China. However, this only happens when we wear the mask properly and the right type of mask.

Regular nonwoven medical masks have 3 layers:

1. Outer layer: Usually light blue, has waterproof properties, helps prevent liquid particles splashing out when the sick person coughs, breathes, sneezes . Wearing a mask properly is to let this light blue layer rotate go out.
2. Middle layer: The layer that determines the quality of the mask, with a filter layer that has enough texture to filter out dust particles, bacteria of extremely small size but still ensuring aeration for users.
3. Inner layer: Always white to distinguish it from the outer layer and when worn inside. The inner layer must be smooth, without hairs to avoid discomfort to the user. This inner layer of the medical mask also needs to be waterproof to sweat.



Wearing and using a correct respirator can prevent and prevent Corona virus infection.

Which mask is the best

One of the important criteria for assessing the quality of masks is Bacterial Filtration Efficiency (BFE) - "Filter performance". A good mask is the one that has a high BFE. Medical masks must have a BFE > 95%. The best choice for users is a mask with a BFE > 99%.

Regular medical masks are capable of effectively filtering particles up to 5 microns in size. Meanwhile, Influenza A influenza virus is 80-120nm (nano meters) and Corona virus is about 150-200nm (nano meters), mainly residing in large saliva droplets ranging from 75 to 360 degrees micro meters (1 micro meter = 1000 nano meters). Therefore, regular medical masks can effectively block viruses and prevent the transmission of Corona virus.

Here's how to wear a medical mask properly, following WHO guidelines.

1. Use medical masks only once, then throw them away in a safe, covered trash can.
2. When wearing a mask, put on the white face, the colored side out.
3. Wearing a mask must cover both the nose and mouth.
4. When wearing a mask, do not touch your hands to avoid hands being infected with viruses and other pathogens, then spread the disease to yourself and others.
5. When removing the mask, only hold the strap by the ear, not the mask, then put it in the safe trash.
6. Immediately after discarding the mask, wash your hands with soap and clean water.

Wear a proper medical mask as directed by the representative of the World Health Organization, Mr. Seto Wing Hong.

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