



COVID-19

ADVISORY No. 43

April 21, 2020



ANVAYA COVE

Seaside Leisure Community



COVIDIGEST

SERIES NO. 8

FACE MASK AMID COVID-19

To prevent the spread of COVID-19, Malacañang ordered the public on April 2 that people living in areas under Enhanced Community Quarantine should wear masks or other types of protective equipment when they go out in public places.

WHEN TO USE A MASK



If you go out to any public place such as a grocery or pharmacy



If you are taking care of an ill person at home



If you are a health care worker or a medical responder

DO'S AND DON'TS IN WEARING A MASK

DO'S



Before putting a mask on, clean hands with alcohol-based hand rub, or soap and water.



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.



For disposable masks, discard in a trash bin after use. For cloth face masks, wash every after use.

DON'TS



Do not put a mask on children under 2 years old.



Do not put a mask on anyone who has been unconscious, has trouble breathing, or has no capacity to remove the mask without assistance.



If possible, do not touch the entire mask once you put it on.

DO-IT-YOURSELF FACE MASK

Truly, there is a worldwide shortage of masks so the Center for Disease Control and Prevention (CDC) recommends that these should be reserved for healthcare workers or other medical responders first. Instead, CDC advises the use of simple cloth face masks to slow the spread of the virus. Cloth face masks made from household items can be used as additional preventive measure.

DIY BANDANA FACE MASK

1



Fold bandana in half.

2



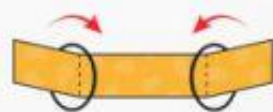
Fold top down. Fold bottom up.

3



Place rubber bands or hair ties about 6 inches apart.

4



Fold sides to the middle and tuck.

5



Stretch on both sides to make sure bandana is tucked properly.

6



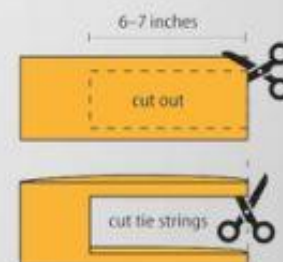
Adjust to fit.

DIY SHIRT FACE MASK

1 Cut the shirt 7 to 8 inches long.



2 Cut the cloth 6 to 7 inches wide. Then, cut tie strings.



3 Tie strings around the neck, then over the top of the head. Adjust to fit.

