



WHO / E. Longarini

# ePROTECT

## Pre-deployment training for Acute Respiratory Infections

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When and how to wear a  
medical mask



HEALTH  
**EMERGENCIES**  
programme

# Learning Objectives

**By the end of this session, you will be able to:**

1. Summarize when you should use a medical mask
2. Describe the steps to put on a medical mask
3. List the steps to take off a medical mask

# Session Outline

1. When to put on a medical mask?
2. How to put on a medical mask?
3. How to take off a medical mask?

# 1. When to put on a medical mask?

- A. During a mission if you develop respiratory symptoms
- B. If you are in close proximity (less than 1 meter) with someone with respiratory symptoms
- C. If on a mission to a country with an acute respiratory infection (ARI) outbreak, and you are expected to visit health care facilities with patients with respiratory symptoms

Please note: Staff whose mission's terms of reference include performing direct patient care should contact the Clinical Management and IPC focal points for specific briefing!

## 2. How to put on a medical mask? (1)

### 6 steps

1. Before touching the mask, wash your hands with an alcohol-based hand rub (ABHR), or soap and water if your hands are visibly soiled
2. Take a face mask and inspect it for tears or holes
3. Orient which side is the top side (where the metal strip is)
4. Ensure the proper side of the mask faces outwards (the coloured side)



## 2. How to put on a medical mask? (2)

### 6 steps

5. Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
6. Pull down the mask's bottom so it covers your mouth and your chin.



# 3. How to take off a medical mask?

- After use take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask
- Medical masks must be discarded immediately after use in a no-touch bin!
- Perform hand hygiene after touching or discarding the mask
  - Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water



# What do you remember?

- When should you use a medical mask?
- What distance is considered close proximity from a person with respiratory symptoms?
- How is a medical mask put on, taken away and disposed of?