

WHO advice on using face masks

The World Health Organisation has updated its recommendations on face masks, saying they should be worn in public where social distancing is not possible to help curb the spread of coronavirus

WHEN SHOULD MASKS BE WORN?

■ **In public places:** Such as stores, at work, social or mass gatherings, and in closed settings such as schools or places of worship

■ **People living in cramped conditions**
Such as slums, refugee camps or camp-like settings

■ **On public transport**
Such as crowded buses or trains

WHAT KIND OF MASK SHOULD BE WORN?

Medical masks: Should be reserved for healthcare workers and people in at-risk groups. Everyone else should use “**non-medical**” or **fabric masks**

■ **Material:** Should capture respiratory droplets but be easy to breathe through

■ **Layers:** Minimum of three required – water resistant outer layer, absorbent inner layer and middle layer which acts as filter

■ **Washing:** Use fabric that can be regularly washed at 60°C or higher

WHO says using masks on their own is not sufficient to protect you from Covid-19 – other measures such as hand hygiene and social distancing are critical to curbing spread of disease

