

# USE OF FACE COVERINGS

## COVID -19

The [use of face mask](#)<sup>1</sup> in public may reduce the spread of infection in the community by minimizing the release of respiratory droplets from infected people.



A **medical face mask** (also known as surgical, hygienic masks) creates a barrier between hospital staff and patients by covering the mouth, nose and chin. It is used by healthcare workers to prevent large respiratory droplets and splashes from reaching the mouth and the nose of the wearer. It also reduces and/or controls the spread of large respiratory droplets from the person wearing it.

**Non-medical face masks** (or 'community' masks also known as cloth mask, fashion mask) include various forms of self-made or commercial masks and face covers made of cloth, other textiles or other materials (e.g. paper). They are not standardized and not intended for use in healthcare settings or by healthcare professionals.

A **respirator** or a filtering face piece (FFP, N95), is designed to protect the wearer from exposure to airborne contaminants and is classified as personal protective equipment. Filtering face pieces are mainly used by healthcare workers, especially during aerosol-generating procedures. Valved respirators are not appropriate for use as a means of infection control, as they do not prevent the release of respiratory particles from the wearer into the environment.

<sup>1</sup> <https://www.ecdc.europa.eu/en/publications-data/infographic-using-face-masks-community>

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### When should masks be used?

The [use of medical face](#)<sup>2</sup> masks by health workers must be given priority over their use in the community.

The use of face masks in the community is recommended during the visit to busy, closed spaces such as grocery stores, shopping malls, places of religious worship, retail stores, etc. It is mandatory in public transport, elevator use, hospitals, clinics and diagnostic centers.



Face masks should only be considered as a complementary measure and not a replacement for established preventive practices, such as physical distancing, cough and sneezing etiquette, hand hygiene and avoiding face touching.

### Instructions for proper and safe handling of the protective mask:



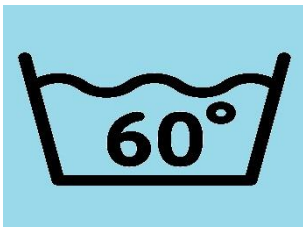
- Clean your hands with soap and water or an alcohol-based hand sanitizer before putting the face mask on or taking it off



- Make sure the face mask completely covers your face from the bridge of your nose down to your chin



- When taking your face mask off, remove it from behind- be sure not to touch the front of it
- If your face mask is disposable, dispose of it in a safe way



- If your mask is reusable wash it as soon as possible after each use with common detergent at 60°C

<sup>2</sup> <https://eody.gov.gr/wp-content/uploads/2020/05/%CE%9C%CE%95%CE%A4%CE%A1%CE%91-%CE%94%CE%97%CE%9C%CE%9F%CE%A3%CE%99%CE%91%CE%A3-%CE%A5%CE%93%CE%95%CE%99%CE%91%CE%A3-2.pdf>

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### How to use face masks



**Ergonomia** is constantly at your disposal with information that is constantly updated on the website [www.ergonomia.gr](http://www.ergonomia.gr). You can also contact the Health Department's specialist staff to inform you at 210-2773327 ext. 344 or 352.

The Public Health Authorities may modify the above guidelines and apply them according to the risk assessment.