



10/01/2022

Advisory on Upgrading Mask (Protection from COVID -19)



By

Blue Circle Medi Services



BLUE CIRCLE MEDI SERVICES HEALTH CIRCULAR

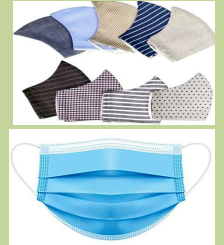
Advisory on “Upgrading Mask” (OMICRON VARIANT)

Introduction: As the highly contagious **Omicron** corona virus variant continues to spread, some experts say it's past time to reconsider your face mask options -- especially if you're still wearing the cloth variety. There's no place for them in light of Omicron, "This is what scientists and public health officials have been saying for many months, now."

As the COVID-19 situation will continue to remain dynamic the protocols may change accordingly.

Know Your Masks:

Cloth Mask: All mask are made up of some kind of fabric, by cloth here we mean one of those light fabric, breathable masks that everyone has collected through the course of the pandemic.



Last year due to shortage of N95 mask experts recommended cloth mask for everybody, the idea was to place a barrier before nose and mouth which would protect us from others and from any virus in breath.

Surgical Mask: These are lightweight three ply masks, which are improved version of cloth mask which are made up of some kind of fabric, surgical masks is also known as a disposable mask and can be found at most drugstores and some grocery and retail stores. "You can wear a cloth mask on top of that, but do not just wear a cloth mask alone."

Filtering Face Piece (FFP Mask): The name maybe unfamiliar, but its' also known as N range of masks especially the N 95. These are made out of a tough material, such as cellulose or plastic and have high quality filtering layers, some also come with exhalation valves for easy breathing, but they are not recommended in pandemic as they protect the wearer, they put others at risk by releasing unfiltered exhaled air.

FFP mask classification as per degree of protection : **FFP 1** These are used by the workers in the industrial environment. While they are better than surgical masks they might not trap virus particles effectively.

FFP2: Equivalent to N95, they can filter out 95% of air borne particles, studies have shown that these masks offer at-least 5 times greater protection than a surgical mask, but might not be enough in a highly contaminated environment, such as Hospital & wards treating Covid Patients.

FFP3: Also known as N99, it filters 99% of airborne particles, they are highly effective and trap not only aerosols, but also virus and bacteria. They are recommended for high risk areas.

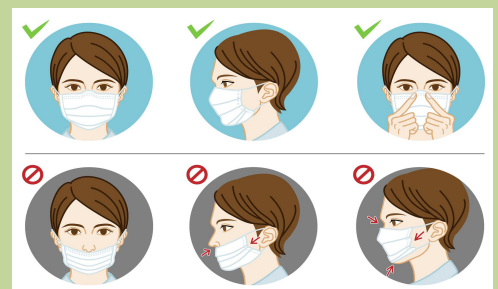
Mask Protection: Omicron presents a good reason to upgrade your mask.

Most protective mask: N99 & N95

Next best option : A surgical mask and cloth mask combination are effective when worn together rather than alone.

How to wear Mask effectively:

1. Wash your hands before and after touching the mask.
2. Touch only the bands or ties when putting on and taking off your mask.
3. Make sure the mask fits to cover your nose, mouth and chin.
4. Make sure you can breathe and talk comfortably through your mask.
5. Wash reusable masks after each use.



Testing and following COVID appropriate behaviour is essential need of the hour.