



AQUINAS
American School

THE CORRECT USE OF MASKS AT AAS



General Directorate of Public Health. DEPARTMENT OF HEALTH.

- *Protocol: "Recommendations for the prevention and control of the new coronavirus (Sars-CoV-2) in the educational field" Version : October 2020*
- *"INFORMATION FOR COVID-19 COORDINATORS IN SCHOOLS: QUESTIONS AND ANSWERS ON PREVENTION, HYGENE, HEALTH PROMOTION AND CASE MANAGEMENT MEASURES OF COVID-19 IN SCHOOLS" Version 20 Oct 2020*

INSTRUCTIONS FOR THE CORRECT USE OF THE MASK



Where and Who?

Where:

- Everywhere on school Campus, in and out of the classrooms.

Who:

- Over 6 years old.
- Students, teachers, staff.
- Anyone who enters the school grounds.

INSTRUCTIONS FOR THE CORRECT USE OF THE MASK



When?

When: Always

- **Inside and outside of the classrooms**, except for students under the age of 6 who belong to a stable group.
- In the **courtyard**.
- In the **school transport for students over 6 years old** and recommended for ages between 3 and 5 years old. They may go without a mask in specific cases.
- **Before entering the dining hall**.
- In any **sports facility**.
- During **physical education** since there is a greater respiratory effort and therefore, the probability of spreading the disease increases. It is recommended to change the mask for a clean and dry one after the sports activity.

Exceptions:

- To eat or drink.
- Children under 3 years of age (contraindicated in children under 2 years of age due to risk of asphyxiation).
- People with breathing difficulties that may be aggravated by the use of a mask.
- People with disabilities or with a dependency situation that prevents them from being autonomous to remove their mask.
- People who present behavioral alterations that make their use unviable.
- When activities carried out make the use of masks difficult or impossible.

MASK USE INDICATIONS

How to wear it

How to wear it:

1. Before and after placement, wash your hands.
2. Place by touching the strings, only.
3. The metal strip goes above the nose.
4. Adjust the metal strip.
5. Cover nose, mouth and chin, avoiding leaving gaps.
6. For surgical masks – the blue side is the exterior one.

How to wear a mask correctly ?



Note:

The part with the metal strip should be above the mask

1

Distinguish the front and back of the mask and up and down, then wash your hands.



2

After wearing the mask, squeeze the metal strips on both sides of the bridge of the nose.



3

Then stretch the mask down to cover the nose and mouth so that the mask does not leave wrinkles.

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Where/ How to keep it

In a **paper envelope** or **cloth pouch**:

- It is recommended that both the cloth pouch and the envelope be **identified with the student's name** to avoid wearing someone else's mask.
- Daily washing of the cloth pouch is recommended.
- If the mask is not reusable, it should be placed in a plastic bag and disposed of in a trash can with a foot pedal to avoid touching it and to wash your hands afterwards.

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Types

- For healthy population in education:

a) **Reusable hygienic type mask**

- It is advisable to comply with **UNE 0065**.



b) **Surgical**

- The recommended one in case of compatible symptoms with COVID19.
- Prevents the COVID from being transmitted from the infected person.



INSTRUCTIONS FOR THE CORRECT USE OF THE MASK

Types

c) FFP2 mask

- Its main use is by **healthcare professionals** in clinical settings.
- At Aquinas American School it will be used in the **case of being exposed to a symptomatic person who can not use a mask**, then, we must protect ourselves with an FFP2 mask without valve, as is the case of the companion of a suspect case to the isolation room when the suspect case can not wear the mask.
- It will also be used **if the doctor has recommended it for people who are especially vulnerable to COVID-19.**

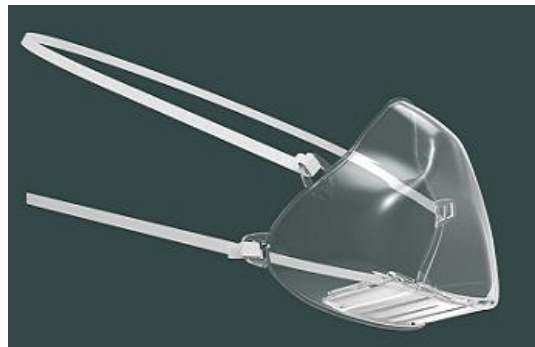


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Types

d) Transparent masks

- According to the World Health Organization (WHO), more than 5% of the world's population suffers from some form of disabling hearing loss.
- The use of this type of mask helps certain people to read lips, see the facial expression of the person who is speaking or in communication with sign language.
- We can find them on different websites but **they are pending approval by the Ministry of Health so that they can be used safely.**



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Types

e) Face shield

- It is a protector that covers all or part of the face and eyes. It protects the eyes from aerosols and from fluid drops, chemical or biological agent splashes.
- The protection provided by the face shield is not equivalent to that offered by the mask and therefore **its use does not exempt from wearing it**, except in cases where the mask is not recommended.
- It is recommended in the case of detection of symptoms compatible with COVID-19 among students who cannot wear a mask, and also for school personnel who accompany a child without a mask to the isolation room.
- Once removed, they can be cleaned with soap and water or with rubbing alcohol 70°.



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Mask washing

- Non-reusable masks
 - **Do NOT wash**, place in plastic bag and dispose of in a trash can with a foot pedal.
- Reusable masks
 - In the washing machine at a temperature between 60°C and 90°C.
 - Drying: Hanging without contact with any other surface to avoid contamination.
 - It is convenient to look at the manufacturer's instructions.

TIPS AND RECOMMENDATIONS FOR THE CORRECT USE OF MASKS AT AQUINAS AMERICAN SCHOOL

- a) **Always carry a spare mask.**
- b) Carry hydroalcoholic gel registered by the Ministry of Health.
- c) It is not recommended to wear the same mask for more than 4 hours.
- d) Avoid touching your eyes at all times when wearing the mask. If we need to have a contact with the eyes we will do it by previously washing hands.
- e) If wet or productive coughing (abundant mucus or saliva) occurs on contact with the mask, it should be disposed of in a trash can with a foot pedal and then wash your hands.
- f) If we have to remove the mask we will keep it in a paper bag or cloth pouch.
- g) Wearing a mask throughout the working day for students, teachers or other staff is not an easy task and can create a feeling of thirst or dryness in the mouth and throat, so it is recommended to drink water from time to time always respecting the minimum safety distance of 1.5 meters with a bottle for individual use and if possible, drink in a well ventilated place.
- h) Identify the cloth pouch or envelope with the student's name or photo to avoid wearing someone else's mask.

Wearing is caring



<https://www.bloomberg.com/news/articles/2020-07-17/how-to-get-people-to-wear-a-mask-memes-images-and-ads-say-this>

Wearing a face mask helps to save lives.