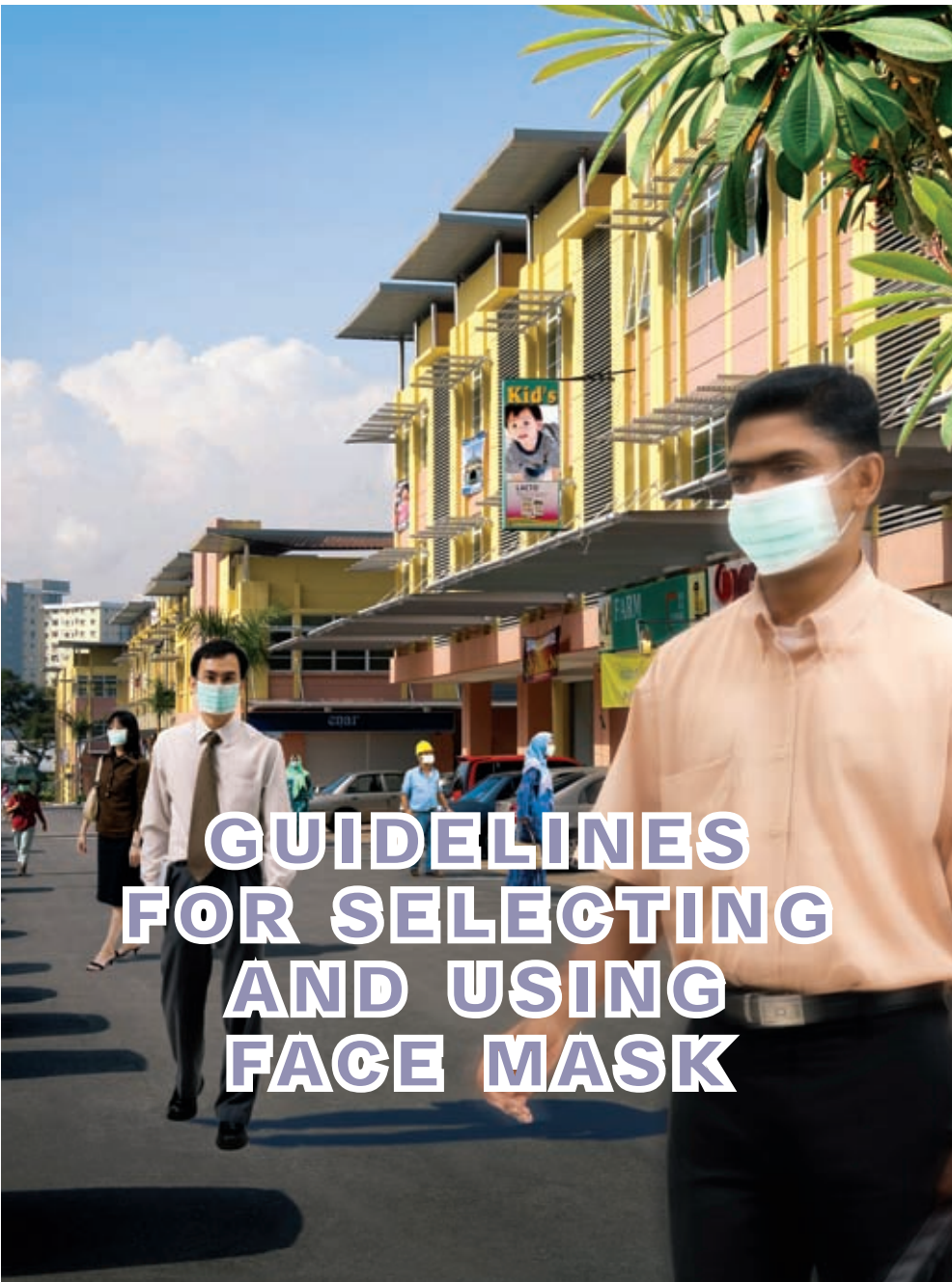


PANDEMIC INFLUENZA WHAT YOU NEED TO KNOW



**GUIDELINES
FOR SELECTING
AND USING
FACE MASK**

WHERE CAN YOU BUY THE MASKS?

Face masks are available in most pharmaceutical stores.

WHAT YOU **SHOULD NOT DO** WHILE WEARING A FACE MASK?



(8) Wearing mask around the neck or below the chin



(8) Scratching the nose and/or mouth while wearing a mask



(8) Wearing mask with the nose exposed



(8) Indiscriminate disposal of used masks

THE PURPOSE OF WEARING A MASK IS TO PREVENT DROPLETS FROM THE RESPIRATORY SYSTEM FROM CONTAMINATING THE SURROUNDINGS



Be Healthy For Life

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SELECTION OF FACE MASKS

TYPE	WHO SHOULD WEAR
<p data-bbox="97 196 297 220">SURGICAL MASK</p> 	<ul data-bbox="606 196 1000 438" style="list-style-type: none">• Patients suspected of having influenza• Healthcare workers / people who care for patients• Those exposed to influenza patients• Those having signs and symptoms of respiratory illnesses
<p data-bbox="97 512 239 536">FACE MASK</p>  <p data-bbox="97 802 138 826">N95</p>  <p data-bbox="97 1102 148 1126">N100</p>	<ul data-bbox="606 555 1000 869" style="list-style-type: none">• Medical and health staff carrying out specific procedures which may expose them to spillages, spoilages or secretion of the influenza patients• Staff at high risk area, such as Level 3 laboratory staff and those doing research on the virus• This mask is not effective if you have beard on your face, as it will allow contaminated air into the mask
<p data-bbox="87 1252 225 1276">RESPIRATOR</p>  	<ul data-bbox="606 1289 978 1364" style="list-style-type: none">• Only used by health staff and others who are engaged in hazardous activities during critical situations

HOW TO USE/WEAR

- Completely cover the nose and mouth
- Depress metal clip; follow the shape of your nose
- Single use only, discard after use
- Dispose into rubbish bin



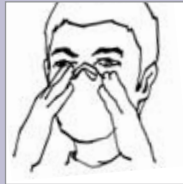
1. Slacken the rubber band by pulling it 1 - 2 inches to prevent it from being too tight.



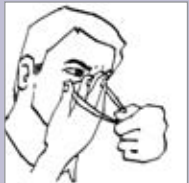
4. Place the rubber bands around the head; one above the level of the ears while the other is placed below the ears.



2. Hold the mask on your palm and place the tip of your fingers on the metal clip. Allow the rubber band to dangle under your hand.



5. With both hands depress metal clip, follow the shape of your nose.



3. Cover your nose and mouth by placing the chin with the metal clip is placed on the ridge of your nose.



6. To ensure that the mask is worn properly, place both your palms on the mask and blow strongly.

If air escapes through the area around the nose, press the metal clip until it grasps the sides of your nose properly.

However, if air escapes through the sides of the mask, pull the rubber band backwards to tighten.

- Follow instructions as provided in the manual.