

## **NODS ADVISES THE PROPER USE OF MASKS**

The National Office of Disaster Services (NODS) is strongly recommending the proper use of masks in the fight against the spread of the Coronavirus.

### **When putting on and taking off masks, certain guidelines must be followed:**

- Residents should ensure that their hands are clean when putting on the mask. Cover nose and mouth with the mask and avoid touching the mask when being worn.
- To take the mask off, persons should again wash their hands, remove the straps of the mask, place the mask in a tissue and then dispose of it in a bin.
- After discarding the mask hands should be washed again with soap and water or cleaned with an alcohol-based hand rub.

It is important to note that if the mask becomes damp while being worn that it should be replaced. Single use masks should not be re-used.

It is strongly advised that masks should be worn when going outside and also at home while still practicing social distancing.

For persons who do not have a mask or who cannot acquire one, an alternate can be a clean piece of cotton material, a bandana or a handkerchief. These should be washed regularly and ironed.

Residents should note that NODS is not involved in the distribution of masks and that the public will be notified if there will be a general distribution.