



Tuesday, 28th April 2020

**INFORMATION**

**The Essential of Wearing a Face Mask to Protect the Spread of Covid-19**

We have been monitoring the rapidly developing situations related to the Covid-19, which has impacted businesses around the globe as well as in Indonesia. As of April 28, 2020 in Indonesia, as many as 9,096 cases have been confirmed as positive for COVID-19 with number of death 765, patients who hospitalized 7,180 and who have recovered is 1,151 (data source: corona.jakarta.go.id).

To support the government in controlling the spread of the virus we should follow the restriction rules of public activities as announced. To stay at home is the best thing we should do and if we need to go outside it's very essential to protect our self and others by wearing face mask. Using a face mask can give a false sense of protection for healthy people, if we do not wear the mask properly, touch the mask with unwashed hands, or remove it incorrectly, we can actually place our self at greater risk of inadvertently transmitting germs and making yourself or others sick as quoted from WHO Representative to Indonesia, Dr N. Paranietharan.

Below some key points who needs to wear the mask, the procedure to wear and remove the mask as the suggestion by the government and World Health Organization to be followed.

There are four key points that everyone must know about who needs a face mask:

1. If you are healthy, you do not need to wear a face mask, unless you are taking care of a person with suspected COVID-19 infection.
2. Wear a face mask if you are coughing or sneezing.
3. Face masks are effective only when used in combination with frequent hand-cleaning with soap and water or alcohol-based hand rub.
4. If you wear a face mask, then you must know how to use it and dispose of it properly.

The correct procedure to wear and remove a face mask must be followed to ensure the efficacy are:

1. Before putting on a face mask, clean hands with soap and running water or alcohol-based hand rub.
2. Cover mouth and nose with face mask and make sure there are no gaps between your face and the mask.
3. Avoid touching the mask while using it; if you do, clean your hands thoroughly immediately.
4. Replace the mask with a new one after long use or as soon as it is damp. Do not re-use single-use masks.
5. To remove the mask: remove it from behind (do not touch the front of the mask); discard immediately in a closed bin; clean hands with soap and clean water or alcohol-based hand rub.

In these current days the demand for face masks has surged and we are aware with this situation. Therefore we would like to inform you if you need to purchase the masks we will assist you to get the contact of the trustable supplier masks company.

If you need the information, please do not hesitate to contact IBAI Secretariat team at +628119794262 or email to [info@ibai.or.id](mailto:info@ibai.or.id).

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