

ADVICE FOR THE PUBLIC ON SENSIBLE USE OF DISPOSABLE GLOVES AND MASKS



WHEN SHOULD I USE A MASK?

- If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection.
- Wear a mask if you are coughing or sneezing.
- Masks are effective only when used in combination with frequent hand-cleaning with soap and water or alcohol-based hand rub
- If you wear a mask, then you must know how to use it and dispose of it properly.

WHEN IS IT APPROPRIATE TO USE GLOVES, AND WHAT IS THE PROPER WAY TO USE THEM?

- Wash your hands thoroughly and dry them well with a clean cloth or paper towel before touching and/or eating food. Always wash your hands after going to the toilet, whenever your hands get dirty, and at the end of your shift at work.
- If no sink is nearby, use hand sanitiser instead of washing your hands.
- You should consider all gloves unclean. The risk of using gloves at all times is that you will tend to forget to wash your hands and forget to change gloves between tasks.
- You should use gloves for “dirty” tasks such as cleaning. You should also use them if you need to use your hands to touch food that is to be eaten by others and is not rinsed or cooked. Do not switch from one task to another without changing gloves. You should wash or sanitise your hands both before and after using gloves.
- If you use gloves (i.e., plastic gloves) where food is being prepared for consumption (in bakeries and restaurants, for example) you must put on clean gloves after each preparation and throw away the old ones.
- If other staff members wish to use gloves, they can use gloves made of plastic, vinyl, or nitrile. Latex gloves are not preferred because of the risk of an allergic reaction among customers.

