

A man with curly hair and a green t-shirt is holding a baby. Both are wearing white 3M N95 respirator masks. The background is a brick wall. The text 'HOW TO Wear an N95 Mask' is overlaid on the right side of the image.

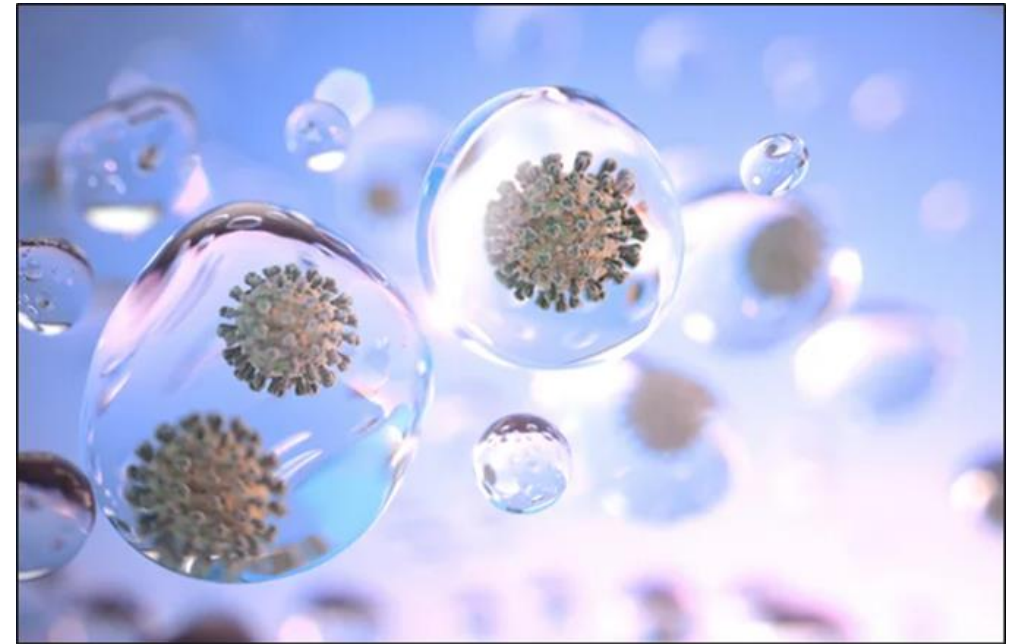
HOW TO Wear an N95 Mask

INFECTION PREVENTION
AND CONTROL SERVICE

JUNE 2021

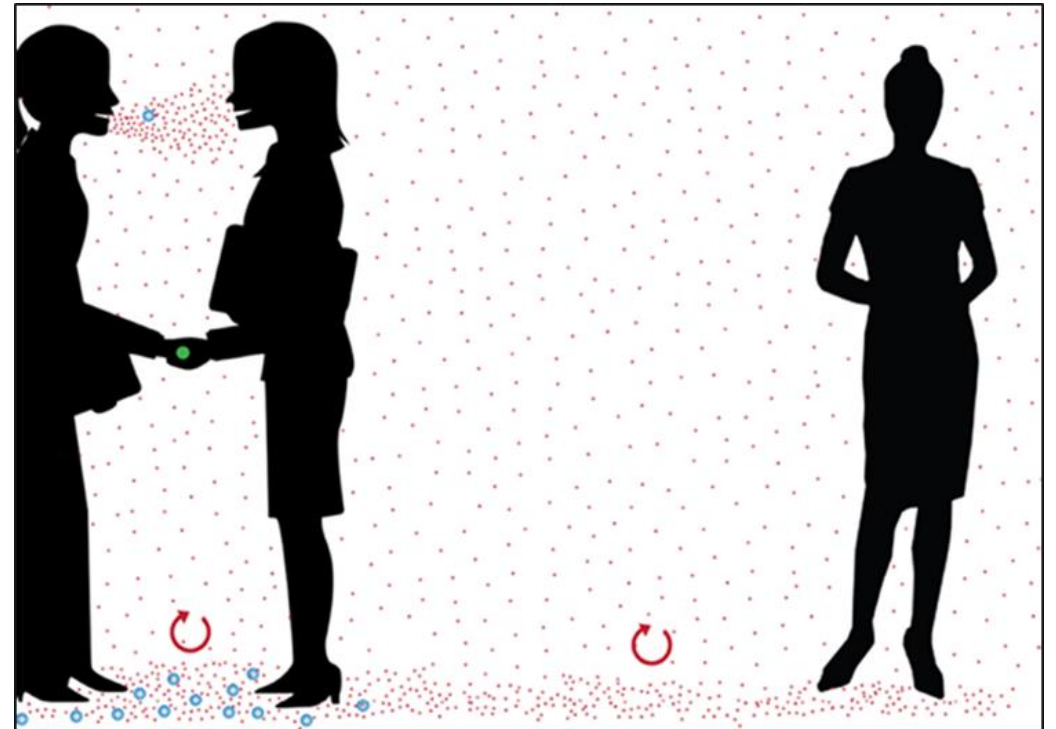
How Does COVID-19 Spread?

- ▶ The COVID-19 virus can be breathed out by a MIQF guest
- ▶ Like the picture shows, there are different sized particles which can carry the virus. The smaller particles can stay in the air for a longer time and can spread further
- ▶ **The way the virus spreads through the air is related to air movements**



Air Movement and COVID-19

- ▶ The closer you are to a guest, the more at risk you are of catching COVID-19
- ▶ Like the picture shows, the COVID-19 virus can be carried in the air, with more virus closer to the infected person
- ▶ The new COVID-19 variants of concern (e.g delta) are known to spread easier



Safety Measures

Newer COVID-19 variants are showing up at our borders. To help prevent the spread we must:

- ▶ Follow infection prevention and control guidance
- ▶ Minimise movement in corridors
- ▶ Use mechanical and natural ventilation
- ▶ Use Air Scrubbers
- ▶ Be vaccinated
- ▶ Wear appropriate PPE and follow guidance/rules

CORB INFECTION PREVENTION & CONTROL SERVICE	
MIQF Returns, MIQF Staff, Border Staff Inpatient Admissions	
Higher Index of Suspicion (HIS) Criteria: In the 14 days prior to onset date: <ul style="list-style-type: none">Not tested with equivalent or greater testBeen required to undertake mandatory COVID-19 testing under the COVID-19 Public Health Response (2nd Border, Isolation and Quarantine and Return Testing Amendment) from 2020Visited an MQL facility (including recovered cases) or any other criteria requested by the local Medical Officer of Health	
Compatible illness: If new cough, acute worsening of chronic cough, fever (38°C), absence of breath, sore throat, conjunctivitis	
MIQF Returns	
COVID-19 screening during admission per MIQF protocols (i.e. Day 0, Day 1, Day 14)	
Confirmed COVID-19 positive case	Enhanced contact and droplet precautions (2021 mask, gown, gloves, protective eyewear) Negative pressure room High routine cleaning required
Higher Index of Suspicion + Compatible illness	Rapid COVID-19 screen Enhanced contact and droplet precautions (2021 mask, gown, gloves, protective eyewear) Negative pressure room if available
Higher Index of Suspicion + Unresolved condition (ie. symptoms, fever)	Enhanced contact and droplet precautions (2021 mask, gown, gloves, protective eyewear) Daily symptom checks during admission If becomes symptomatic manage as above HIS Enhanced cleaning and disinfection Single room
MIQF Staff	
COVID-19 screening of MIQF workers during admission to per their schedule (i.e. weekly or fortnightly)	
Confirmed COVID-19 positive case	Enhanced contact and droplet precautions (2021 mask, gown, gloves, protective eyewear) Negative pressure room High routine cleaning required
Higher Index of Suspicion + Compatible illness	Rapid COVID-19 screen AND/WHEN AVAILABLE RESULTS: Enhanced contact and droplet precautions (2021 mask, gown, gloves, protective eyewear) Negative pressure room if available
Higher Index of Suspicion + Unresolved condition (ie. symptoms, fever)	Rapid COVID-19 screen in last 48 hours (3 Standard Precautions) All hour (and not COVID-19 screen) if rapid COVID-19 screen is required precautions (after available results) Daily symptom checks during admission If becomes symptomatic manage as above HIS Enhanced cleaning and disinfection Single room
Inpatient/wards (includes of ward staff)	
Change to per COVID-19 ward admission, Isolation, Quarantine, Reception. SEE PANDA	
Border Staff (includes active workers / staff base)	
Confirmed COVID-19 positive case	Enhanced contact and droplet precautions (2021 mask, gown, gloves, protective eyewear) Negative pressure room High routine cleaning required
Higher Index of Suspicion + Compatible illness	Rapid COVID-19 screen AND/WHEN AVAILABLE RESULTS: Enhanced contact and droplet precautions (2021 mask, gown, gloves, protective eyewear) Negative pressure room if available
Higher Index of Suspicion + Unresolved condition (ie. symptoms, fever)	Enhanced contact and droplet precautions (2021 mask, gown, gloves, protective eyewear) Daily symptom checks during admission If becomes symptomatic manage as above HIS Enhanced cleaning and disinfection Single room



N95 Mask Use

- ▶ N95 masks offer higher levels of protection against virus particles in the air
- ▶ N95 masks act as both a barrier and a filter against virus particles
- ▶ Even without being fit-tested, nearly 75% of people can achieve a proper seal when following the fit-checking instructions



Fit Checking Your N95 Mask

- ▶ Following the key steps will help you to achieve the best possible seal of your N95 mask
- ▶ If you can feel air leaking out the side of the mask, you haven't got a proper seal
- ▶ Try the steps again or a different mask if you keep feeling air leaking from the sides of the mask

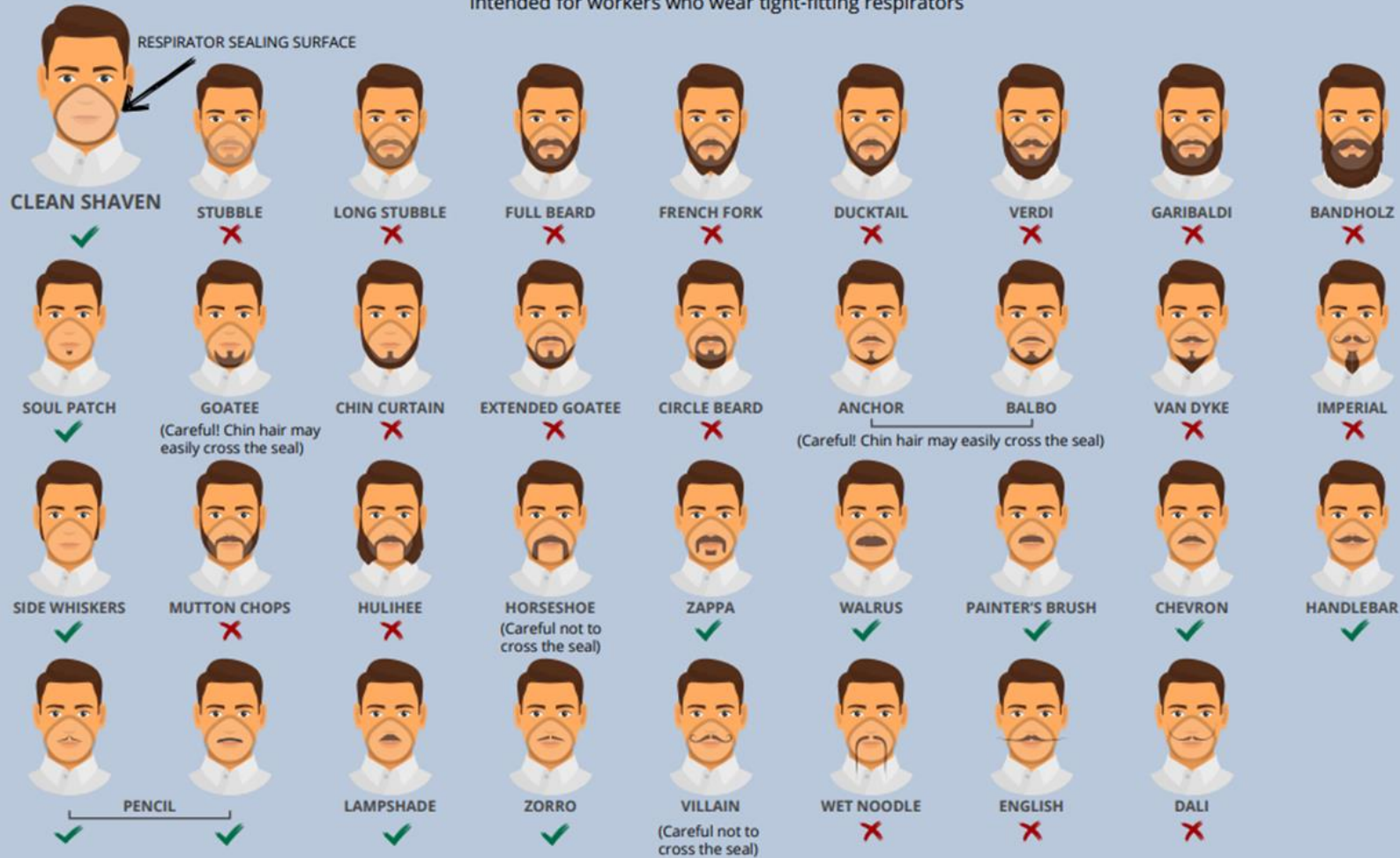
Key Steps Donning N95

1. Check straps are intact
2. Place top strap around crown of head and bottom strap at base of neck
3. Mould around the nose-bridge
4. Perform positive-pressure check (exhale gently and check for leaks)
5. Perform negative-pressure check (inhale sharply and check for leaks)
6. If air leaks around the nose, repeat Step 3, Step 4 and Step 5

Time For a New Style?

Facial Hairstyles and Filtering Facepiece Respirators

Intended for workers who wear tight-fitting respirators



Original image vector by fredrisher/Shutterstock.com

*If your respirator has an exhalation valve, some of these styles may interfere with the valve working properly if the facial hair comes in contact with it.
 †This graphic may not include all types of facial hairstyles. For any style, hair should not cross under the respirator sealing surface.
 Source: OSHA Respiratory Protection Standard
https://www.osha.gov/plh/loshweb/woodfig.show_document?p_table=standards&p_id=12716
 Further Reading: NIOSH Respirator Trusted Source Webpage
https://www.cdc.gov/niosh/hppt/topics/respirators/disp_part/respsource3ftrst.html

Time For a New Style?

- ▶ Beards can get in the way of properly sealing your N95 mask
- ▶ Heavy make-up can also prevent you from achieving a proper seal
- ▶ If this may effect you, please have a chat with us



Takeaway Messages

- We must continue to do all other infection control measures like before
- N95 masks are just another way we can help prevent the spread of COVID-19
- Most people can achieve a proper seal with an N95 mask if they follow the fit checking instructions

