

HERE'S HOW DOUBLE MASKING CAN PROTECT YOU FROM COVID-19

A community
message by:



With the rise of the COVID-19, experts are encouraging the use of two face masks, a practice popularly termed as 'double masking'.

According to a research released by the United States Centers for Disease Control and Prevention (CDC) it has been found out that wearing a cloth mask over a medical mask is one way to reduce exposure to aerosol droplets that can transmit the coronavirus.

Here are a few tips for double masking that ensures more safety:

- One mask should be a surgical mask and the other one should be a cloth mask. Using the same combination of the masks (two surgical or two cloth masks) will not be effective.
- This combination is not needed if you are wearing an N-95 mask, as these masks are more effective.
- The cloth mask has to be placed above the surgical mask and ensure that you can breathe comfortably.
- Double masks for children aren't recommended at all.

We therefore encourage and advise you to consider wearing a double mask whenever you are using public transport and when exposed to a large gathering/crowded places etc.

Disclaimer: The guideline outlined in this document is to safeguard you and your loved ones from COVID-19. We advise you to seek professional guidance if you wish to clarify any section on this document or if you feel the need to take any action based on this document.

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