






Mask Type	Main application scenarios
<p>Do not wear or Non-medical mask</p> 	<p>Recommended for low-risk people:</p> <ul style="list-style-type: none"> • Indoor and community residents; • Those engaged in outdoor activities, including children, students in open spaces; • Those who work in a well-ventilated workplace. <p>Those who stay at home or in well-ventilated locations with low population density may not require masks.</p> <p>Non-medical masks, such as cotton gauze, activated carbon, and sponges, have certain protective effects, and can also reduce the spread of droplets caused by coughing, sneezing and talking.</p>
<p>Disposable medical mask (children choose products with similar performance)</p> 	<p>Recommended for people with a lower risk of exposure:</p> <ul style="list-style-type: none"> • Public in densely populated areas such as supermarkets, shopping malls, vehicles, elevators. • Indoor office environment; • Patients attending medical institutions (except for fever clinic); • Children in kindergartens, students, etc who are engaged in intensive learning and activities.
<p>Medical surgical mask</p> 	<p>Recommended for people with a medium risk of exposure:</p> <ul style="list-style-type: none"> • General outpatient, medical staff in the ward, etc.; • Staff in densely populated places, including those in hospitals, airports, railway stations, subways, ground buses, airplanes, trains, supermarkets, restaurants, etc. • Personnel engaged in administrative management that related to the epidemic, and professionals such as police, security, courier, etc.; • Patients with fever or suspected case that are isolated at home, and persons living with them
<p>Particulate respirators mask (children choose products with similar performance)</p> 	<p>Recommended for people with a higher risk of exposure:</p> <ul style="list-style-type: none"> • Medical staff working in the emergency department, etc.; • Public health physicians who conduct epidemiological investigations of close contacts. • Testing personnel of environmental and biological samples related to the epidemic.



<p>Medical protective mask</p> 	<p>Recommended for personnel with high-risk of exposure :</p> <ul style="list-style-type: none"> • All staff working in the wards, ICUs, and observation rooms for patients with COVID-19 (confirmed cases, suspected cases), including clinicians, nurses, nurse assistants, cleaners, mortuary staff, etc. • Doctors and nurses of fever clinics at designated medical institutions in the affected areas; • Public health physicians who conduct epidemiological investigations of confirmed and suspected cases; <p>Wear safety goggles or face shields in the first aid of infected patients and during tracheal intubation and bronchoscopy. When there is a shortage of medical protective masks, you can choose to replace them with N95 / KN95 and above standard particulate respirators masks. You can also choose self-priming filter respirators (full or half facepiece) with particulate filter cotton, and powered air-purifying respirator has better protection.</p>
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(Reference: *Guidelines for the Selection and Use of COVID-19 Masks in Different Populations* issued by National Health Commission; *Health Education Manual for COVID-19 Control* issued by National Health Commission and China Health Education Center)

10. How to wear a mask?

How to wear medical surgical masks?

- 1) The dark side faces outwards, and the side with the metallic strip faces upwards;
- 2) Fold up and down to cover the nose and chin;
- 3) Mold the metallic strip to make it close to the bridge of the nose to prevent side leakage.

How to wear protective masks (take KN95 or N95 masks as examples)?

- 1) The side with the logo faces outwards, and the side with the metallic strip faces upwards;
- 2) Fasten the elastic straps that fixes the mask, or position the elastic straps around both ears to fit snugly over the face;

How to wear headbands masks?

- 1) Hold the mask body with one hand, put fingertips on the metallic nose strip, let the two

- headbands hang freely under the back of the head;
- 2) The metallic strip faces up, let the mask cover the chin, the upper headband is worn on the top of the head, and the lower headband is worn on the neck;
 - 3) Starting from the middle of the metallic strip with both index fingers, press down on it while moving to both sides to shape the shape of the bridge of the nose.

How to wear ear-loops masks:

- 1) Face the side without the nose clip, and pull the ear straps with both hands, so that the nose strip faces up;
- 2) let the mask against your chin;
- 3) Pull the ear straps to the back and adjust them to feel comfortable;
- 4) Starting from the middle of the metallic strip with both index fingers, press down on it while moving to both sides to shape the shape of the bridge of the nose. Pinching the nose strip with one hand will cause sharp angles and air leakage, and reduce shielding performance. The nose strip should be pressed with both sides at the same time.

Whether it is a headbands or ear-loops mask, an air impermeability test is required after wearing. Cover the mask with both hands and breathe. If you feel that gas leaks from the nose strip, you should readjust it. If you feel that gas leaks from both sides of the mask, you need to further adjust the position of the headbands and earloops; if it still leaks, you need to change another one.

(Reference: *Health Education Manual for COVID-19 Control* issued by National Health Commission and China Health Education Center)

11. How to change, store, and dispose of masks?

During the epidemic of the COVID-19, the use of masks can be appropriately extended (time of use, frequency of use) on the premise of protecting public health:

- 1) The medical protective masks have a service life, and the masks are for exclusive use. They cannot be used cross-personally. High-risk personnel need to change masks after re-entering after finishing work, eating (drinking water), and using the toilet.
- 2) The mask should be changed if it is contaminated by the patient's blood, respiratory/nasal



secretions, and other body fluids.

- 3) Higher risk personnel need to change masks after receiving highly suspected patients.
- 4) Masks worn by other risk level people can be used repeatedly. Wash your hands before wearing the mask, and avoid touching the inside of the mask when wearing it. Masks need to be changed in time if they are dirty, deformed, damaged, or smelly.

If you need to re-use a mask, you can hang it in a clean, dry and ventilated place, or place it in a clean, breathable paper bag. Masks need to be stored separately to avoid contact with each other and identify the user of the mask. Medical protective masks cannot be cleaned, nor can they be disinfected by disinfectants, heating, etc. Cotton gauze masks can be cleaned and disinfected. Other non-medical masks are handled according to their instructions.

The masks used by healthy people can be disposed of according to the requirements of domestic garbage classification. Masks worn by suspected or confirmed cases should not be discarded randomly. They should be treated as medical waste and disposed of in strict accordance with relevant procedures for medical waste.

(Reference: *Health Education Manual for COVID-19 Control* issued by National Health Commission and China Health Education Center)

12. What are the symptoms in need of medical attention?

If both of the following conditions are met, you should go to the outpatient clinic of the designated hospital:

- 1) Fever (armpit temperature ≥ 37.3 °C), cough, shortness of breath and other symptoms of acute respiratory infections;
- 2) Patients with a history of travel or residence in Wuhan and surrounding areas, or other areas with local cases of continuous transmission, or who have been exposed to feverish patients with respiratory symptoms who come from Wuhan and surrounding areas, or other areas with local cases of continuous transmission within 14 days before the onset of illness, or a small cluster of people are infected.

Medical surgical masks or N95 masks should be worn on the way to and throughout the hospital visit. Avoid using public transportation. You can take a private car or call an ambulance. Keep away from other people as much as possible on the road and in the hospital at a safe distance of 1.5m-2m (at least 1m). When you seek medical treatment, you should truthfully explain your conditions and the history of medical treatment. In particular, tell the doctor about

your recent travel and residence history in Wuhan, history of contact with pneumonia patients or suspected patients, animal contact history, etc.

(Reference: *Health Education Manual for COVID-19 Control* issued by National Health Commission and China Health Education Center; *PUMCH COVID-19 Prevention and Precautions Handbook* issued by Chinese Academy of Medical Sciences and Peking Union Medical College Hospital)

13. How should patients with other diseases seek medical treatment during the epidemic period?

In principle, during the epidemic period, except for severely ill patients who must seek medical attention immediately, general people should minimize their visit or do not visit to the hospital; and if they must seek medical treatment, they should choose the nearest medical institution that can meet the needs and have a small number of outpatients. If hospital visits are essential, one should take up the essential and urgently needed medical examinations and operations, and leave other checkups and operations later dates. If you can choose a department, try to avoid the fever clinic and emergency department.

Patients and accompanying family members should wear medical surgical masks or N95 masks on the way to and within the hospital. If possible, avoid going to the hospital by public transportation. Keep your hands clean at all times, and prepare a portable hand sanitizer containing alcohol. Keep as much distance as possible (at least 1 meter) with other people on the way and in the hospital.

(Reference: *Guidelines for Public Prevention of COVID-19* issued by Chinese Center for Disease Control and Prevention)

14. Is it safe to receive a package from a country or region where a virus has been found?

Yes, it's safe. Those who receive the packages are not at risk of getting infected by the 2019-nCoV. From the experience of other coronaviruses, we know that this type of virus does not survive long on objects such as letters or parcels.

(Reference: *Answers to Common Questions About 2019-nCoV* by WHO)

15. How to protect yourself when traveling?

- 1) Avoid close contact with anyone who has a cold or flu-like symptoms.
- 2) Gloves are recommended when on board. Seat armrests, backrests, toilet door handles,



doors, and poles are all public spaces. Do not directly contact your eyes, nose, and mouth after touching them with your hands to avoid contact transmission. Wash your hands with soap and water or alcohol-based hand sanitizer.

- 3) Cover your mouth and nose with a tissue or sleeve cuff or curved elbow when you cough or sneeze, then wash your hands.
- 4) Wear masks all the time, you can wear disposable medical masks or N95 masks.
- 5) Eat only thoroughly cooked hot food.
- 6) If you currently have a fever or cough, please avoid traveling.
- 7) If you are sick during the trip, please notify the flight or train attendants in time, seek medical help as soon as possible, and inform the medical staff of your travel history.
- 8) Self-monitoring of your health should be carried out twice a day for 14 consecutive days, starting from leaving the epidemic areas. If condition permits, try to live alone or in a well-ventilated single room, and minimize close contacts with your families.

(Reference: *Guidelines for Public Prevention of COVID-19* issued by Chinese Center for Disease Control and Prevention; *Health Education Manual for COVID-19 Control* issued by National Health Commission and China Health Education Center)

Guidelines for judging close contacts of vehicles (Appendix 1)

1. Aircraft.

- 1) In general, all passengers in the same row and three rows in front and back of the seats in which the case sat in civil aircraft cabins, as well as flight attendants who provide cabin services in the above areas can be treated as close contacts and other passengers on the same flight treated as general contacts.
- 2) People on a civil aircraft not equipped with a high-efficiency particulate filtering device.



- 3) Other persons who are known to have close contact with the case.

2. Passenger trains.

- 1) Taking fully enclosed air-conditioned trains, passengers and stewards in the same carriage of the hard seat (hard sleeper) or the same soft sleeper compartment with the case.
- 2) Taking non-fully enclosed ordinary trains, passengers in the same soft sleeper compartment, or passengers in the same and adjacent compartments in the carriage of the hard seat (hard sleeper), and stewards serving the area with the case.
- 3) Other persons who are known to have close contact with the case.

3. Car.

- 1) When traveling in a fully-sealed air-conditioned passenger car, all persons who are sharing the same car with the case.
- 2) When traveling in a ventilated ordinary passenger car, passengers and drivers in 3 rows of seats before and after seats in which the case sat.
- 3) Other persons who are known to have close contact with the case.

4. Ship.

All persons in the same cabin with the case, and stewards serving the cabin.

If the patient has severe symptoms such as high-grade fever, sneezing, coughing, and vomiting during contact with the case, they should be treated as close contacts regardless of the length of time.

(Reference: *Prevention and control of COVID-19 (Fifth Edition)* issued by National Health Commission)