

Who should wear mask?



Persons having no symptoms are not to use mask

Medical masks should not be used by healthy persons who are not having any symptoms because it creates a false sense of security that can lead to neglecting other essential measures such as washing of hands.

In such situation, more effective steps are:

- i. Wash hands frequently with soap and water for 20 seconds. An alcohol based hand sanitizer with 70% alcohol must be used for 20 seconds. If hands are dirty or soiled, do not use alcohol based hand sanitizer, but wash hands preferably with soap and water.
- ii. While coughing or sneezing cover nose and mouth with handkerchief, paper tissue. If handkerchief or tissue paper is not available, cough into the flexed elbow. Dispose off tissue immediately after use and wash hands.
- iii. Refrain from touching face, mouth, nose and eyes.
- iv. Stay at least a meter away from those coughing or sneezing.
- v. Monitor your body temperature.

When and who should use medical masks (apart from health care worker)?

- When a person develops cough or fever. Use of medical three layer masks when ill, will prevent your infection from spreading to others. However, you also need to wash your hands frequently to avoid spreading infection to others.
- While visiting a healthcare facility.
- When you are caring for an ill person.
- Close family contacts of such suspect/confirmed cases undergoing home care should also use triple layer medical mask.



What is the role of hand sanitizers?

- Hand sanitizers are to be used when you are caring for the patients infected with Corona Virus.
- In general, washing hands frequently with soap and water for 20 seconds is the recommended option.
- If hands are dirty or soiled then do not use alcohol based hand sanitizer, but wash hands preferably with soap and water.



Is there any role of specific foods/drinks in the treatment of Corona Virus infection?

There is no specific recommendation on this however one can continue to take his/her regular diet which includes fruits, vegetables etc. to stay healthy.



Is there any vaccine available for the treatment of Corona Virus infection?

- As of now, there is no vaccine available for the treatment of Covid-19 infection.

