

# CHOOSING THE RIGHT FACE MASK FOR YOUR NEEDS

With so many mask types available, it's important to understand which offers the right level of protection for your environment. This guide explains the differences between face coverings, surgical masks, and respirator masks, helping you make an informed choice for safety and comfort.

## Types of mask

### Cloth Face Mask

Masks made of cloth that create a physical barrier between the wearer's nose, mouth and contaminants.

Washable and reusable, these masks may offer a sense of security. However, the level of filtration is largely unknown

Face Fit Testing not required but donning and doffing protocols should be observed

Comfort

Moisture protection so stay dry

Quality of fit

Prevention of transmission of COVID

Prevention of inhalation of COVID



UNKNOWN

UNKNOWN

### Type 2 Face Mask

A loose fitting disposable facemask. The edges of the mask are not designed to seal fully around the face. They are not fit tested but require donning and doffing procedure.

"Type I, I R, II and II R face masks are medical masks tested in the direction of exhalation (inside to outside) and take into account the efficiency of bacterial filtration. Surgical masks of this type stop the wearer from infecting the surrounding environment. They are not effective at protecting the wearer from airborne diseases such as coronavirus."

From COVID-19 a guide to face masks, published on the nhs procurement website.

Comfort

Moisture protection so stay dry

Quality of fit

Prevention of transmission of COVID

Prevention of inhalation of COVID



### FFP2 Face Mask

Designed to achieve a much closer facial fit and very efficient filtration of airborne particles. Manufactured with either 4 or 5 layers and therefore offer optimum filtration.

Protects both wearers and those in close proximity by reducing transmission and inhalation of particles by over 94%.

Fits to the face and creates a tight seal.

Comfort

Moisture protection so stay dry

Quality of fit

Prevention of transmission of COVID

Prevention of inhalation of COVID



VERY EFFECTIVE 94%

VERY EFFECTIVE 94%

### FFP3 Face Mask

Medical grade mask predominantly used in intensive care offering the highest level of protection at 99% but can be uncomfortable for the wearer over a long period of time.

Requires fit testing to the user.

Protects both wearers and those around the wearer by reducing transmission and inhalation of particles by over 99%.

Face Fit Testing required but donning and doffing protocols should be observed.

Comfort

Moisture protection so stay dry

Quality of fit

Prevention of transmission of COVID

Prevention of inhalation of COVID



VERY EFFECTIVE 99%

VERY EFFECTIVE 99%

## Transmission



## Dos and Don't's of face masks

### Do

- Do wash your hands before putting on/taking off
- Do place your mask over your mouth and nose
- Do handle the mask via the ties
- Do wash your hands after removing your mask
- If you do touch it – sanitise/wash your hands

### Don't

- Don't wear your mask beneath your nose
- Don't touch your mask while wearing it
- Don't wear your mask twice
- Don't remove the mask to talk to someone
- Don't wear a loose fitting mask

## Face mask care and advice

Wash reusable masks at 80 degrees after every use.

Adjust your mask to your face to avoid gaps around the side.

Use masks with the tightest seal around your face. Any gaps will allow transmission of COVID both ways.

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