

Masks and Gloves: What You Need to Know



There is a Nationwide shortage of Personal Protective Equipment (PPE), needed by healthcare workers and first responders.

Based on the Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) recommendations, the Ketchikan EOC does not recommend that the general public wear masks and gloves unless directed to do so by their healthcare provider.

The best protection from Coronavirus is to hunker down, and stay home. If you need to go out, practice social distancing as required by Governor Dunleavy's State of Alaska Health Mandate #11

If you are healthy, you only need to wear a mask if you are taking care of a person with suspected COVID-19 infection.



Why handwashing is better than wearing gloves:

- Wearing gloves can provide a false sense of security.
- If they are not removed properly, gloves can spread germs.
- If there are virus germs on the outside of the gloves, and if you touch your face with the glove, or touch it with your hand to take it off, you would have contact with the virus.

Hand washing with soap and water for at **least 20 seconds** is the advised method.

World Health Organization

recommendations:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

Centers of Disease and Control and Prevention (CDC)

recommendations:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirator-use-faq.html>

State of Alaska

Health Mandates:

<https://gov.alaska.gov/home/covid19-healthmandates/>