

What mask to wear when caring for patients with confirmed or suspected COVID-19?

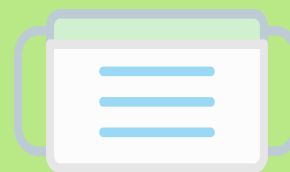
**Current Recommendations**

**Aerosol-Generating Procedures**



**N95**

**Routine Patient Care**



**Medical Masks**

**Routine Patient Care:**

- No international consensus on the type of mask used
- **WHO and the Public Health Agency of Canada recommend medical masks**
- US and Europe recommend preferential use of N95 masks over medical masks, if N95 is available



Public Health Agency of Canada

**WHY? Evidence**

There is no high-quality data specific to COVID-19

A recently updated meta-analysis found 4 RCTs comparing medical masks vs. N95 masks. It found no convincing evidence that medical masks are inferior for protecting HCW against:

	Odds Ratio	95% CI
Lab-confirmed viral respiratory infections	1.06	0.90-1.25
Lab-confirmed influenza infection	0.94	0.73-1.20
Influenza-like illness	1.31	0.94-1.85
Symptoms of respiratory illness	1.49	0.98-2.28



- Evidence supports the recommendation to use medical masks during routine patient care of patients with confirmed or suspected COVID-19
- N95 masks should be reserved for aerosol-generating procedures

Reference: Bartoszko JJ et al. Medical masks vs N95 respirators for preventing COVID-19 in healthcare workers: a systematic review and meta-analysis of randomized trials. *Influenza Other Respi Viruses* 2020;00:1-9.

**STAY SAFE**



Use PPE appropriately. Don't forget eye protection, gloves and gown (when needed). Follow proper donning and doffing. For more information visit [IPAC.vch.ca](http://IPAC.vch.ca)



N95 FIT testing, contact [Employee.Safety@VCH.ca](mailto:Employee.Safety@VCH.ca)

Email [posh.covid@ubc.ca](mailto:posh.covid@ubc.ca)

question, concerns, possible exposures, etc.

POSH operates 8 am to 8 pm, Monday to Saturday and will get back to you as soon as possible

