

## 5 myths about masks

### 關於口罩的 5 則誤解

English	繁體中文
<p><b>Myth 1: You don't need a mask outside as sunlight kills virus.</b></p> <p>False: Everyone needs a mask</p> <p>Context:</p> <ul style="list-style-type: none"><li>• 90% SARS-CoV-2 found to be inactivated by 30mins sunlight in recent study</li><li>• But this only applicable to surfaces – not noses and mouths</li></ul>	<p>誤解 1：陽光可以殺死病毒，因此，在戶外可以毋須戴上口罩。</p> <p>不對，每個人都需要口罩</p> <p>解讀景況：</p> <ul style="list-style-type: none"><li>• 最近研究發現，在陽光下 90% 的新型冠狀病毒在 30 分鐘內會減弱活力</li><li>• 但這僅限於在物品表面 - 不是在鼻子和嘴巴</li></ul>
<p><b>Myth 2: You only need to wear a mask if you have symptoms.</b></p> <p>False: Everyone needs to wear a mask</p> <p>Context:</p> <ul style="list-style-type: none"><li>• Asymptomatic and folks with mild symptoms account for &gt;50% COVID-19</li><li>• Talking, yelling, exercising and singing can also spread droplets</li></ul>	<p>誤解 2：只有症狀的人才需要戴口罩。</p> <p>不對，每個人都需要戴口罩</p> <p>解讀景況：</p> <ul style="list-style-type: none"><li>• 在新冠肺炎患者中，無症狀和症狀較輕的佔 50% 以上</li><li>• 談話、喊叫、運動和唱歌也可以散播飛沫</li></ul>

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<p><b>Myth 3: Masks can cause self-contamination.</b></p> <p>False: Everyone needs to wear a mask – but handle your mask safely</p> <p>Context:</p> <p>No evidence to support</p> <ul style="list-style-type: none"> <li>• Think of mask as any surface – wash your hands!</li> <li>• Wash cloth masks or replace disposable masks</li> </ul>	<p>誤解 3：戴口罩會令自己受感染。</p> <p>不對，每個人都需要戴口罩 - 但也需要妥善處理口罩</p> <p>解讀景況：</p> <p>沒有證據支持</p> <ul style="list-style-type: none"> <li>• 將口罩視為任何的表面–觸摸後要洗手！</li> <li>• 要清洗布口罩或更換一次性口罩</li> </ul>
<p><b>Myth 4: Wearing a mask will reduce your oxygen levels, right?</b></p> <p>False: Everyone needs to wear a mask</p> <p>Context:</p> <ul style="list-style-type: none"> <li>• Facebook posts claim wearing mask will lower oxygen and increase carbon dioxide</li> <li>• All mask provide airflow</li> <li>• Just like oxygen can get in, carbon dioxide can get out</li> <li>• Multi-gas detector used, not pulse oximetry</li> <li>• We have years of experience using masks in the health care setting in patients with pulmonary disease</li> </ul>	<p>誤解 4：戴口罩會降低您體內的氧氣水平，對嗎？</p> <p>不對，每個人都需要戴口罩</p> <p>解讀景況：</p> <ul style="list-style-type: none"> <li>• Facebook 帖子聲稱戴口罩會降低氧氣含量並增加二氧化碳</li> <li>• 所有口罩都提供氣流</li> <li>• 就像氧氣可以進入，二氧化碳也可以排出</li> <li>• 使用多氣體檢測器，而不是脈搏血氧儀</li> <li>• 我們的醫療環境中已有多年經驗在有肺病患者使用口罩，</li> </ul>

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<p><b>Myth 5: Anything other than an N-95 is useless for limiting virus transmission.</b></p> <p>False: Everyone needs to wear a mask, regardless of the type</p> <p>Context:</p> <ul style="list-style-type: none"> <li>• Predominant mode still droplet, not airborne (even though this can be a “thing” in certain situations)</li> <li>• Any mask provides a barrier to respiratory droplets</li> <li>• Fit and comfort more important than anxiety about type in community</li> <li>• Focus on making environment low risk not mask type (outdoors, ventilation)</li> <li>• All about RISK REDUCTION not eliminating risk entirely</li> </ul>	<p>誤解 5：除了戴 N-95 以外，無任何東西能夠限制病毒傳播。</p> <p>不對，每個人都需要戴口罩，不論類型的口罩</p> <p>解讀景況：</p> <ul style="list-style-type: none"> <li>• 傳播始終是以飛沫為主導的，而不是空氣傳播（即使在某些情況下可能是）</li> <li>• 任何口罩都可以阻擋呼吸道飛沫</li> <li>• 當身處社群中，稱身和舒適比擔心戴哪類的口罩更為重要</li> <li>• 專注於減低周圍環境的風險（戶外、通風），而不是哪類口罩</li> <li>• 這些全都是關於降低風險，並不能徹底消除風險</li> </ul>