

## CoV-IN-SIGHTS: Evidence-Based Answers to FAQs Director General Medical Services (Navy)



### FAQ # 02 (05 May 2021): HIGH-RISK SETTINGS AND COVID APPROPRIATE BEHAVIOUR

1. **Are there certain settings where COVID-19 can spread more easily?**
  - (a) Yes, any situation in which people are in **close proximity** to one another for **long periods of time** increases the risk of transmission. **Indoor locations**, especially settings where there is poor ventilation, are riskier than outdoor locations. **Activities where more particles are expelled from the mouth**, such as singing or breathing heavily during exercise, also increase the risk of transmission.
  - (b) The “**Three C’s**” are a useful way to think about this. They describe settings where transmission of the COVID-19 virus spreads more easily:-
    - (i) **Crowded** places;
    - (ii) **Close-contact** settings, especially where people have conversations very near each other;
    - (iii) **Confined** and enclosed spaces with poor ventilation.
  - (c) The risk of COVID-19 spreading is especially high in places where these “3Cs” overlap.
2. **What are the most important aspects of COVID Appropriate Behaviour?**
  - (a) Wear a mask that covers your nose and mouth to help protect yourself and others.
  - (b) Stay 6 feet apart from others who don’t live with you.
  - (c) Get a COVID-19 vaccine when it is available to you.
  - (d) Avoid crowds and poorly ventilated indoor spaces.
  - (e) Wash your hands often with soap and water. Use hand sanitizer if soap and water aren’t available.
3. **How to Select a Mask?**
  - (a) **Do Choose Masks that**
    - (i) Have two or more layers of washable, breathable fabric.
    - (ii) Completely cover your nose and mouth.
    - (iii) Fit snugly against the sides of your face and don’t have gaps.
    - (iv) Have a nose wire to prevent air from leaking out of the top of the mask.

**(b) Do not choose Masks that**

- (i) Are made of fabric that makes it hard to breathe, for example, vinyl.
- (ii) Have exhalation valves or vents which allow virus particles to escape.
- (iii) Are prioritized for healthcare workers, including N95 respirators.

**4. How to ensure your mask works the best it can?**

- (a) **Make sure your mask fits snugly against your face.** Gaps can let air with respiratory droplets leak in and out around the edges of the mask
- (b) **Pick a mask with layers to keep your respiratory droplets in and others' out.** A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.
- (c) **Double Masking.**

**5. What is Double Masking?**

- (a) Double masking is wearing a **disposable mask underneath a cloth mask**. The cloth mask should push the edges of the disposable mask against your face.
- (b) **Do not Combine two disposable masks.** Disposable masks are not designed to fit tightly and wearing more than one will not improve fit.
- (c) **Do not Combine a KN95 (or N95) mask with any other mask.** Only use one KN95 (or N95) mask at a time.

**References.**

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>

[https://www.who.int/news-room/q-a-detail/coronavirus-disease-covid-19-how-is-it-transmitted.](https://www.who.int/news-room/q-a-detail/coronavirus-disease-covid-19-how-is-it-transmitted)

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