

Pause for Prevention

Module 4: Masking Matters!



Surgical or procedure masks and respirators (N95s) are personal protective equipment (PPE) regulated by the Food and Drug Administration (FDA), the Centers for Disease Control and Prevention (CDC), the National Institute for Occupational Safety and Health (NIOSH) and the Occupational Safety and Health Administration (OSHA) for use in healthcare. N95s are a special type of facemask constructed to filter at least 95% of airborne molecules.



CDC/NIOSH Respiratory Protection Information

Determine Which Type of Mask is Appropriate:

- A **surgical or procedure facemask** should be worn when working with residents suspected of or known to be positive for a respiratory virus (flu, RSV, etc.).
- A **respirator (N95)** when caring for COVID-19 positive residents, residents suspected of COVID-19 or residents suspected of or confirmed with TB. An N95 is in addition to other PPE (gown, gloves, eye protection) necessary for providing care in these situations.



Respiratory Virus Guidance

Instructions for Use of Surgical or Procedure Masks and N95s:

- Make sure a surgical or procedure mask or N95 is approved for use in your facility.
- Wash your hands before putting on (donning) a surgical or procedure mask or N95.
- Handle the surgical or procedure mask by touching ear loops, cords or head straps. Handle the N95 by touching the head straps. Avoid touching the fabric part of the surgical or procedure mask or N95.
- Make sure a surgical or procedure mask or N95 fits snugly against the side of your face without gaps and covers the mouth and nose completely. *N95s require special fit-testing.
- Do not wear a surgical or procedure mask or N95 on your chin, around your neck, on your arm or anywhere other than on your face.
- Do not cross the straps of a surgical or procedure mask or N95.
- Do not touch or adjust a surgical or procedure mask or N95 without cleaning your hands before and after.
- Discard (throw away) a facemask or N95 if it is soiled or anytime it is removed (meal breaks, end of shift, etc.).
- Wash your hands after removing (doffing) a facemask or N95.

In situations where residents are required and are able to wear a mask, they should wear a mask that covers their nose and mouth.

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To learn more about when to wear a mask versus when to wear a NIOSH-approved respirator, download the [Masking Matters flyer](#) or click the QR code to access it.



Leader Instructions:

1. Print a copy of the crossword puzzle for each participant.
2. Provide pens/pencils for completing the activity.
3. Gather participants in an area where the activity can be carried out without distraction.
4. Allow sufficient time for the crossword puzzle to be completed. Completing the puzzle should take ten minutes or less.
5. Review the answer key (when participants have had time to complete the crossword puzzle). During the review of the crossword puzzle, engage the participants in a discussion using the following prompts:
 1. The Centers for Disease Control and Prevention (CDC) plays a role in health security around the world and its primary effort is to promote public health in the United States. With more than 10,000 employees, the CDC addresses more than 400 diseases, health threats and conditions that may cause disease, disability or death.
 2. The Occupational Safety and Health Administration (OSHA) was created to prevent harm to workers at their place of work. OSHA has established rules and regulations for employers to ensure the safety of their team members, including expectations for masks and other personal protective equipment. More information can be found at the following link: [OSHA At-A-Glance](#). The link provides a 3-page general reference on OSHA's basic functions.
 3. The National Institute for Safety and Health (NIOSH) is focused on the safety and health of employees. NIOSH tracks hazards, injuries illnesses, etc. and uses the information to develop different ways to make work safer. Masks used in healthcare should be NIOSH-approved. More information about NIOSH can be found at the following link: [National Institute for Occupational Safety and Health](#). Explain to the participants that the CDC, OSHA, and NIOSH are focused on safety. The guidance provided by these organizations is intended to promote the health and well-being of everyone – team members and patients alike. It's important for health care workers in every role to be familiar with the organizations and their role in keeping everyone safe!

This material was prepared by Health Quality Innovators (HQI), a Quality Innovation Network-Quality Improvement Organization (QIN-QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 12SOW/HQI/QIN-QIO-0798-06/04/24



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Down

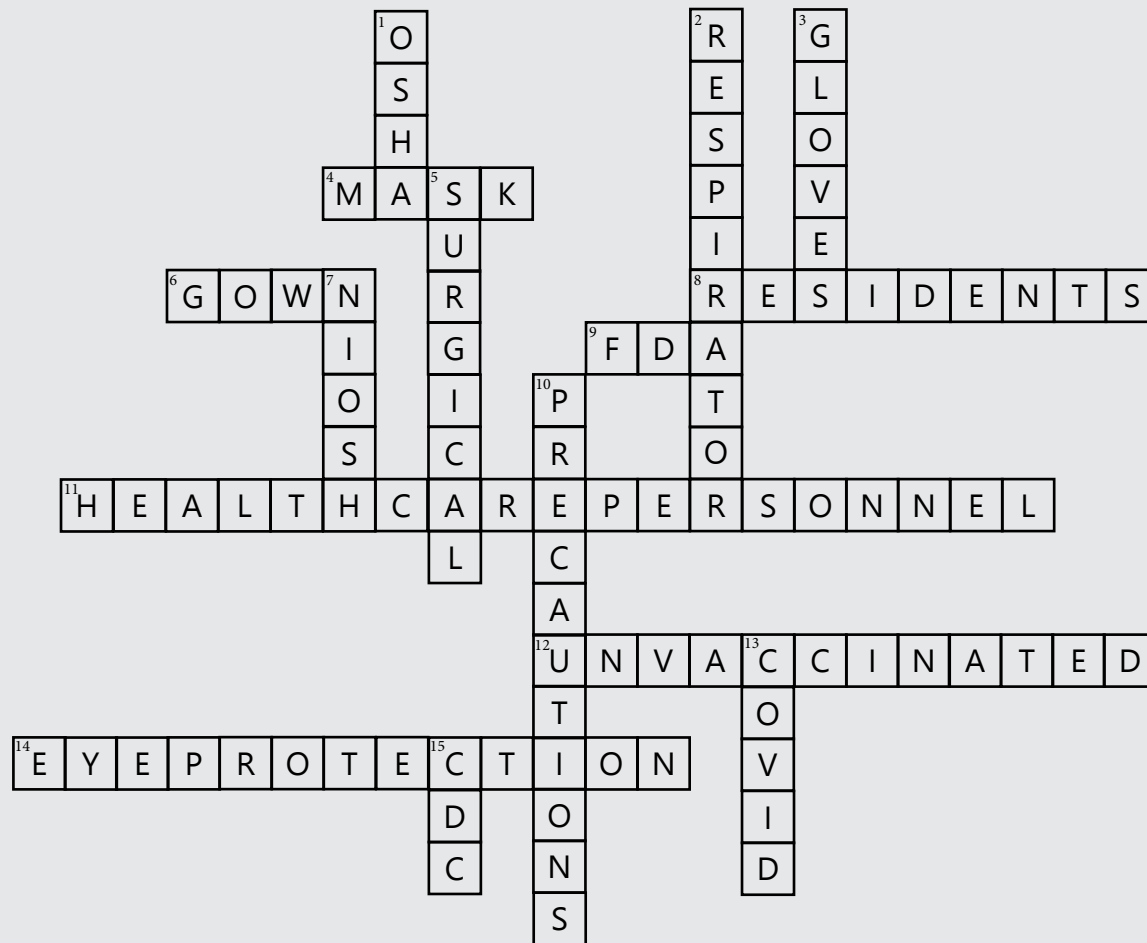
1. Abbreviation for Occupational Safety and Health Administration
2. A piece of personal protective equipment (covering the face and nose) that filters particles
3. Personal protective equipment used to protect the hands
5. A type of mask used in healthcare
7. Abbreviation for National Institute for Occupational Safety and Health
10. A set of measures (including surgical masks and N95s) put in place to prevent the spread of diseases
13. A virus known for the pandemic of 2020
15. Abbreviation for Centers for Disease Control and Prevention

Across

4. A piece of personal protective equipment covering the mouth and nose
6. A piece of personal protective equipment used to protect the body and arms
8. Persons living in a healthcare facility
9. Abbreviation for Federal Drug Administration
11. Team members working in a healthcare facility
12. Persons who have not received a vaccine
14. Personal protective equipment used to protect the eyes

Pause for Prevention - Crossword Key

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Down

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