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Hiding side effect of using mask for long time in covid-19 pandemic; e-references internet based

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The WHO organization's recommendation on the current pandemic conditions is the use of masks at all times and every area to prevent the transmission and contracting of covid-19 disease. This situation causes people's fear of this pandemic, so the use of masks has become a necessity and culture in the community. The purpose of this study is to find out the effects that arise due to the use of old masks on the individual body. The method used is the collection of a number of references with the internet-based E-references model. There are some side effects of using a long mask such as irritation, increased CO_2, headache, hypoxia and others. The recommendation to prevent this effect is to open the mask in an open area rich in O_2 by taking a breath in 5 minutes every two hours of use of the mask, avoid stress, the mask hook strap should not be from latex, the mask should not be made of fine feathers or wool that can be inhaled, and when you want to sneeze the mask is opened and the nose is closed wearing tissue.

Biography

Agussalim graduated as Master of Science nursing (MSN) and Doctor of science nursing (DNS). He is working now as a professor associate in Makassar Health Polytechnic in Indonesia. He is as senior lecturer and researcher in nursing field. He is working as International and national reviewer journal, national assessor of accreditation, community exposure reviewer, and etc.