Practical guidance to wearing a mask

The use of masks alone **cannot** protect you and others from COVID-19, to be fully effective they should be used in conjunction with **frequent hand washing** and, where possible, **social distancing**

Masks have two purposes;

1) **Protect yourself**- when in contact with an infected person
2) **Protect others**- Reduce the risk of transmission if you are infected.

All staff and visitors must wear a surgical mask when they are on any of our sites.

Only change if they;

- Become soiled, wet or damaged.
- Are removed for eating and drinking.
- Are touched to adjust or displaced from covering the mouth and nose for any reason.

Also remember you must change your mask when entering a clinical area, using the masks provided by the clinical area.

When do I not need to wear a mask?

- If you work in an office or room and can social distance at 2 metres or no other persons are present, you can work without a mask
- If you can conduct video conference calls in an office or room and can social distance at 2 metres or no other persons are present, you can work without a mask
- You will need to remove your mask to eat and drink, ensure you carry out hand hygiene and practice social distancing every time you remove your mask.

DO perform hand hygiene before putting on, after advertently touching and removing your mask

DO replace your mask as soon as it becomes damp or soiled

DO place carefully to ensure it covers your mouth and nose

DO make sure you wear a mask whenever you can't continually maintain a safe physical distance

DO help others less familiar with these infection control procedures

COVID-19 is primarily spread via respiratory droplets and direct contact of an infected person or indirectly through contact with surfaces an infected person has come into contact with.

COVID-19 can be passed on even if someone isn't showing any symptoms.
They may be pre-symptomatic (infected but not yet showing signs) or asymptomatic (infected but don't ever develop symptoms)

DON'T touch your face when wearing a mask

DON'T touch the front of your mask when removing

DON'T reuse single use masks, safely dispose of immediately.

DON'T share your mask with anyone

DON'T wear your mask round your neck