

# Information for In-patients and Out-patients about Wearing a Surgical Face Mask

## Why should I wear a surgical face mask?

- Wearing a surgical face mask will protect you and others around you. This will help minimise the spread of respiratory droplets and help reduce the spread to surrounding surfaces.
- We ask that you do not wear your own face mask, as you are unable to wash or dry these while in hospital. Please wear the masks provided by staff so that they can be changed regularly.

## When to wear a surgical face mask?

- You should wear a surgical face mask when in your bed space, moving around the ward and moving between departments.
- You can remove your mask when showering, eating, drinking or sleeping as long as you stay 2 metres away from anyone else.
- If you are nursed in a single room, you do not need to wear a surgical face mask. However, you should put one on when any staff or visitors enter your room or when you leave the room.
- Any parents or carers staying with a patient need to wear a surgical face mask if they leave the patients room for any reason or when a member of staff enters the room. Visitors need to wear a surgical face mask at all times, **even** in the patients' room.

## Patients who are exempt from wearing a surgical face mask

- Some people may be exempt from wearing a surgical face mask. For example when receiving oxygen therapy via a mask or if you have a medical condition that prevents you from wearing one.
- For patients with an exemption there may be some occasions when you can wear a surgical face mask and some where you cannot. Please consider whether you are able to wear a surgical face mask for different circumstances, rather than not wearing one at all.
- Please make sure you stay a 2 metre physical distance from others where possible even if you are wearing a surgical face mask.
- If you have any concerns please speak to the nursing staff.

# Masks - Dos and Don'ts

- A surgical face mask should cover your mouth and nose and chin.
- Perform hand hygiene with both soap and water or alcohol based hand gel before putting on and after taking off your surgical face mask.
- Avoid touching your face when wearing a surgical face mask.
- Do not put your used surgical face mask down on surfaces. Dispose of this in the orange waste bin, and ask nursing staff for a replacement mask.
- If your surgical face mask becomes wet or soiled, ask a member of staff for a replacement immediately.

## Do



Ensure the mask covers your mouth, nose and chin.



Remove the mask from behind ears (touching ties/loops only).



Discard immediately in waste bin.



Avoid touching or readjusting the mask once worn.

## Don't



Do not remove the mask to cough or sneeze.



Do not touch the front of the mask or readjust.



Do not wear the mask under your chin, around neck or over 1 ear.