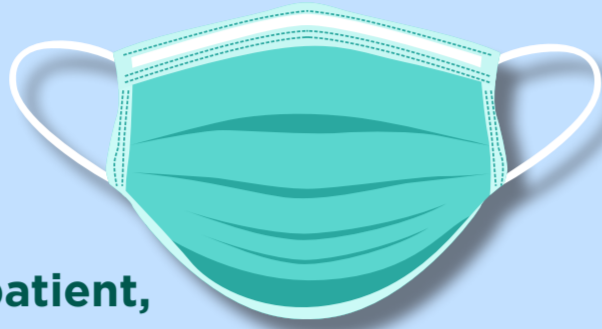


# Safe use of Masks

## THE MASK YOU NEED

### DO: REMEMBER TO WEAR THE CORRECT MASK FOR THE TASK:

Wear **Surgical mask:** for droplet precautions, or when providing care within 2 meters of any patient, or when working within 2 meters of another healthcare worker for more than 15 minutes.



Always wear a fit tested FFP2/FFP3 respirator mask for AGPs. Fit check your respirator mask every single time.



## WEARING THE MASK

**DO:** Wear your mask so it comes all the way up, close to the bridge of your nose, and all the way down under your chin.



**DO:** Press the metal band so that it conforms to the bridge of your nose.



**DO:** Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit.



**DO NOT:** Wear the mask below your nose.



**DO NOT:** Leave your chin exposed.



**DO NOT:** Wear your mask loosely with gaps on the sides.



**DO NOT:** Wear your mask so it covers just the tip of your nose.



**DO NOT:** Push your mask under your chin to rest on your neck.



## ONCE YOU HAVE ADJUSTED YOUR MASK TO THE CORRECT POSITION, FOLLOW THESE TIPS TO STAY SAFE:

- ALWAYS change your mask when you answer the telephone or you take a drink/break.
- ALWAYS change mask when leaving a cohort area or exiting a single patient isolation room
- NEVER fidget with your mask when it's on.
- ALWAYS wash your hands before and after handling a mask.
- ALWAYS change mask if it is dirty, wet or damaged
- NEVER store your mask in your pocket.

## REMOVING THE MASK



Use the ties or ear loops to take the mask off.

Do not touch the front of the mask when you take it off.

## DISPOSING OF THE MASK



Dispose of mask properly in a bin as ordinary household waste unless you were caring for a person with COVID-19. If you are disposing a mask after contact with a person who has a COVID-19 infection or suspected COVID-19, please follow these disposal instructions. Place the mask in a healthcare risk waste bin.

### IF HEALTHCARE RISK WASTE SERVICE IS NOT AVAILABLE:

The mask, along with any other PPE used when treating a person with COVID-19 or suspected COVID-19, needs to be double-bagged and stored for 72hrs in a secure location, then put in the domestic waste.

