

# COVID-19

(Coronavirus)

## Safe use of Masks for Workers in Healthcare Settings

### 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.



Only wear N95 (Fit Checked) for aerosol generating procedures.

### 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.



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



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.



Leave your chin exposed.



Wear your mask loosely with gaps on the sides.



Wear your mask so it covers just the tip of your nose.



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

#### 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.

#### DISPOSE OF THE MASK



- Dispose of mask in a healthcare risk waste bin.
- If Healthcare risk waste service is not available: the mask along with any other PPE used, needs to be double bagged and stored for 72 hours in a secure location, then put in the domestic waste.

- change your mask when you answer the telephone or you take a drink/break.
- wash your hands before and after handling a mask.
- change mask when leaving a cohort area or exiting a single patient isolation room
- change mask if it is dirty, wet or damaged

#### NEVER

- fidget with your mask when it's on.
- store your mask in your pocket.

