

# Patient information

## Wearing a face covering during the COVID-19 pandemic

### Why should I wear a face covering when I am in hospital?

Public Health England (PHE) has recommended the use of masks when in enclosed public spaces. They are worn to help prevent the spread of Covid-19.

In some cases, a person may have Covid-19 but not display or suffer from any symptoms, this is known as being asymptomatic.

You do not need to wear a mask if you have breathing difficulties or other health conditions which would prevent this. Your nurse or doctor will be able to advise you on this.

### How do I put on and take off my mask correctly?

#### Putting on the mask:

- Wash or hand sanitize your hands
- Attach the ear loops
- Adjust the mask to cover your nose and mouth
- Pinch the top of the mask to form a good seal at the bridge of the nose.

The mask should cover your nose and mouth at all times. Try not to touch the front of the mask as this will increase your risk of contamination. If you need to touch your face wash or hand sanitize your hands before and after.

#### Taking off the mask:

- Wash or sanitize your hands
- Unhook the ear loops and remove it in a downward motion away from your face
- Without touching the front of the mask place, it in the plastic waste bag
- Wash or sanitize your hands again.

### How to wash your hands



# Advice for inpatients

## When should I wear a face covering?

We are asking inpatients to wear a surgical face mask while staying in hospital. This helps protect you, fellow patients, and our staff.

You should wear a mask when moving around shared areas, like when going to the toilet or to wash. We also recommend that you wear a mask while sitting in bed, if you feel comfortable doing so.

You do not need to wear a mask if you have breathing difficulties or other health conditions which would prevent this. Your nurse or doctor will be able to advise you on this.

## What sort of face covering should I wear?

You should wear a surgical mask – which we will provide – to give you the most protection. We recommend you should change your mask every four hours.