

## Infection Prevention Control

### Wearing a face mask

#### Information for patients during the coronavirus (COVID-19) pandemic

The health and wellbeing of patients, staff and visitors remains the top priority for the NHS. Infection prevention and control (IPC) practices are key to how we are handling the on-going COVID-19 pandemic in our hospitals.

#### Reasons for using a face mask

COVID-19 usually spreads by droplets from coughs and sneezes or whilst speaking. These droplets can also be picked up from surfaces if you touch a surface and then your face without washing your hands first.

If you wear a face mask you will be taking an important safety measure as some people may have COVID-19 but may not have any symptoms and they may still be able to pass the virus on to others.

We are asking patients at UHCW NHS Trust to wear a mask when they are not sat in their bed space or chair. This would mean that you should wear a face mask when moving away from your bed or chair, if you go to the toilet or bathroom, if you move off the ward for an investigation or if you collect your meal tray.

If you are a visitor, please wear a mask while you are on site, especially when you are in inpatient areas.

In addition to wearing a face mask please remember to:

- Continue to follow the government guidelines on social distancing.
- Clean your hands more often and thoroughly either with alcohol hand gel or soap and water.



## Patient Information

- Cover your mouth and nose when you cough and sneeze if you are not wearing a mask.

## How to wear a face mask



1  
Clean your hands using soap and water or alcohol gel based hand rub.



2  
Pick up your mask, ensuring the blue material is on the outside and the wire is at the top.



3  
Put on your mask using the ear loops.



4  
Pull the bottom of your mask down under your chin.



5  
Mould the top of the mask around your nose using the wire to ensure a good fit.



6  
You are ready for the day!

## When wearing a face mask:

- Do not wear it on your neck or forehead.
- Do not touch the part of the face covering in contact with your mouth and nose, as it could be contaminated with the virus.
- Change the face mask if it becomes damp or dirty.

## How to remove a face mask



1  
Remove your mask by using the ear loops.



2  
Clean your hands using soap and water or alcohol gel based hand rub.

## Patient Information

### Clear masks

If you rely on lip reading, clear sound or facial expressions to communicate, please let staff know as masks with clear panels can be requested for you and staff to wear.

### Who does not need to wear mask? (exemptions)

Some people are less able to wear face masks and the reasons for this may not be visible to others.

Some of these people are:

- Children under the age of 11.
- Public Health England (PHE) does not recommend face masks for children under the age of three years old for health and safety reasons.
- People who cannot put on, wear or remove a face mask because of a physical or mental illness, impairment or disability.
- Where putting on, wearing or removing a face mask will cause you severe distress. Please talk to your Nurse, therapist or Doctor if you do not feel you are able to wear a mask.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact and we will do our best to meet your needs.

The Trust operates a smoke free policy.

#### Document History

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