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 FFP2 (Fit Checked) or FFP3 mask (Fit Tested) 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.

**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.
- 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** change your mask when you answer the telephone or you take a drink/break.
- **Always** wash your hands before and after handling a mask.
- **Always** change mask when leaving a cohort area or exiting a single patient isolation room.
- **Always** change mask if it is dirty, wet or damaged.
- **Never** fidget with your mask when it’s on.
- **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 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 72hrs in a secure location, then put in the domestic waste.