

# Safe use of Masks

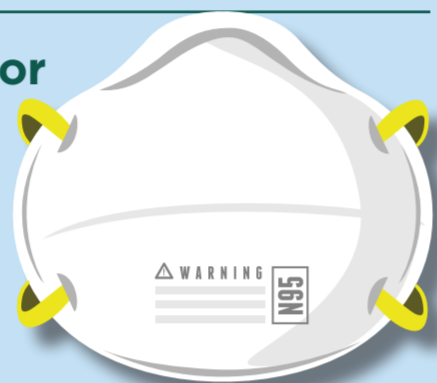
## THE MASK YOU NEED

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

Wear a surgical mask for droplet precautions, or when providing care within 2 metres of a patient, following a point of care risk assessment (PCRA)



Wear an FFP2 or FFP3 respirator mask (fit tested and fit checked) for aerosol generating procedures or following a point of care risk assessment (PCRA)



## 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 clean 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.

Remember, hand hygiene after removing your mask.



## DISPOSING OF THE MASK

Dispose of the mask correctly.

In healthcare settings, dispose of the masks in a healthcare risk waste bin after caring for someone with a suspected or confirmed infection, or if the mask is soiled.

If used in the home setting, dispose of the mask in a domestic waste bin.

