

Masking is a widely accepted and proven method of source control for COVID-19. Huron Perth Healthcare Alliance (HPHA) staff and physicians wear masks to ensure the safety of our patients. Masks are also required to be worn by our outpatients and family and caregivers during their visits to any of our hospital sites.

Masking is required during your hospital stay

During your hospital stay you will be required to wear a mask unless your HPHA care team decides that you are medically exempt.

In addition to maintaining a 2 metre/6 feet physical distance from others whenever possible, **you must properly wear a mask in the following situations:**

- **Whenever you leave your bed space**
- **When a person enters your bed space**

Your bed space is either:

- A private room
- Your bed and the area inside the bedside curtains, if you are in a shared room



You should not wear your mask while you are sleeping.

You will be provided with a new mask once a day. If during the day your mask becomes soiled, damaged or lost, please ask a member of your health care team for another one.

Keep your hands clean!

Most germs in hospitals can be spread by unclean hands so remember to wash your hands

- Before and after taking off your mask
- After coughing and sneezing
- When entering and exiting your bed space
- Before and after eating
- When your hands are visibly dirty
- After using the bathroom

Cleaning your hands takes 15 to 20 seconds! Make sure you wash all surfaces of your hands. If you are using soap and water, don't forget to use a paper towel to turn off the taps!

How to wear a mask

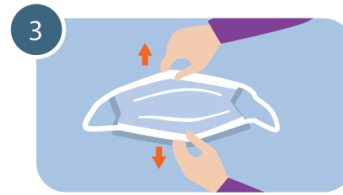
Here are the steps for putting on your mask safely:



Perform hand hygiene – wash your hands or use hand sanitizer.



Pick up mask using ear loops.



Expand the mask. (Blue side faces out).



Place mask on your face by securing loops around your ears.



Adjust mask to cover your chin and pinch metal nose piece to give a secure fit.

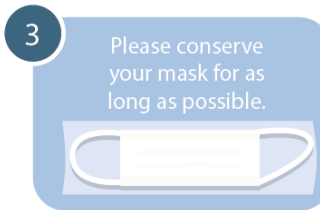
And the steps on how to remove your mask safely:



Perform hand hygiene – wash your hands or use hand sanitizer.



Remove the mask using the ear loops only.

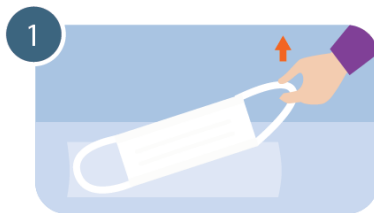


Please conserve your mask for as long as possible.
Place the mask on a clean surface or a paper towel with the inner mask facing upwards to avoid contamination (white side facing up).



Perform hand hygiene – wash your hands or use hand sanitizer.

When you reapply your mask, follow these steps



Pick up the mask from the clean surface using the ear loops.



Adjust the mask to your face as indicated in the above steps.



Perform hand hygiene (hand washing or sanitizer) after you're done.

When you are ready to dispose of your mask, please place your mask in the garbage and sanitize your hands.

**HPHA thanks Holland Bloorview Kids Rehabilitation hospital for permission to adapt its original artwork.*

Document adapted from: LHSC, Patient Masks

Patient, Family & Caregiver Information: Universal Masking for Inpatients, January 2021