

Tips to Safely Use a Mask throughout the Day

- Always perform good hand hygiene before and after you put the mask on or take it off
- Be sure the mask is fitted over your ears and covers your nose and mouth
- Keep the mask with you throughout the day
- Once the mask is on, try not to touch or adjust it
- Avoid pulling it down or tucking it below your chin – the mask should either be fully on or taken off
- Gently remove the mask when you're not in the presence of patients and for breaks and meals – take care to keep it clean and dry
- Dispose of the mask at the end of your day/shift appropriately – any mask worn in a room with droplet or contact isolation precautions should be disposed of immediately and replaced

COVID-19 spreads from person-to-person contact through droplets from coughing or sneezing that can land on you and spread to your nose or mouth. We are proactively screening people entering our facilities so anyone who may have symptoms of COVID-19 are given masks, and staff know to use appropriate protective equipment when caring for them. We hope these steps help you feel more confident while serving our patients and community.

And, as always, please remember that the best ways to prevent respiratory illnesses, including COVID-19, are to:

- Wash your hands thoroughly
- Avoid touching your face – if you have to touch your face, then wash your hands
- Clean and disinfect surfaces frequently – wipe down counters, touchpads and screens, styluses, etc.