

Disposable face mask or face covering

Dispose of in dedicated bin in hospital. If disposing at home, dispose into normal household waste, tie up bag and keep separately for 72 hours and then put out into land fill bin.

Reusable face mask or face covering

Masks with elastic ear hooks should be re-used (tie-on face masks are less suitable because they are more difficult to remove)

Providing the face mask or face covering is not dirty or wet, it can be taken off and stored in a plastic wipeable bag, box or other container between uses. This should be marked with the person's name and then properly stored in a well-defined place.

Remove the mask by the straps when taking it out of the receptacle. Do not touch the front of the mask.

Face masks should be carefully folded so the outer surface is held inward and against itself to reduce likely contact with the outer surface during storage.

Hand hygiene should be performed after removing the face mask.

Face mask/covering should be washed in a washing machine daily. Wash at the hottest temperature possible – ideally 60°C with standard washing liquid/powder.

Do not use bleaches or other harsh chemicals.

Tumble dry or air dry followed by a cool iron after wash. Heat will reactivate the fluorocarbon finish.

After each wash and dry, inspect the mask and the elastic for any damage.

Additional infection prevention Precautions

- Regular hand hygiene with soap and water or alcohol gel
- Avoid touching your face
- Cover your mouth and nose when you cough and sneeze if you are not wearing a mask
- Clean and disinfect surfaces
- Open windows to increase ventilation

Useful websites:

www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks

www.gov.uk/coronavirus

www.rdehospital.nhs.uk

Useful contacts:

For Trust staff:
Occupational Health 01392 405800

For patients and visitors: NHS 111

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Wearing a face mask or face covering during COVID-19



Guidance for staff, patients, contractors and visitors

As more people return to work, there will be more contact outside people's immediate household. The UK Government is advising that all staff in hospitals as well as the visitors and outpatients, wear a face mask or face covering when in the hospital setting.

Face coverings intend to protect against inadvertent transmission of the virus to others if you have it without having symptoms.

In addition to wearing a face mask or covering, remember:

- Continue to follow the government's guidance on social distancing
- Clean your hands more frequently and thoroughly either with alcohol hand gel or soap and water
- Avoid touching your face with unclean hands
- Cover your mouth and nose when you cough and sneeze if you are not wearing a mask
- Do not come to work or attend your appointment if you are unwell
- Ensure you are well hydrated before putting on your mask or face covering. You must not pull it down to eat or drink, but remove it and replace it
- When you remove your face mask or face covering, ensure you continue to follow the government's guidance on social distancing
- If you feel that you would be unable to wear a mask or face covering while attending an appointment, please call the number on your appointment letter to discuss with your team/clinician prior to your appointment.

How to wear a mask or face covering safely



Clean hands with alcohol hand gel or soap and water prior to putting on your face mask or covering



Ensure your nose, mouth and chin are covered



Adjust your mask/covering to your face without leaving gaps at the side



Clean your hands with alcohol hand gel or soap and water before removing your face mask or covering



Remove your mask/covering without touching the front, and pull away from your face



Disposable masks should be discarded immediately into a bin. Re-usable face coverings should be stored in a wipeable receptacle prior to cleaning



Clean hands with alcohol hand gel or soap and water after disposing of mask or covering

Please do not...



Do not use if damaged, ripped or damp



Do not wear the mask/covering under your nose or around your chin



Do not wear a loose mask or face covering



Do not touch the front of the mask or covering



Do not remove the mask or covering to talk to someone. Do not pull the mask/covering down to eat or drink anything.



Do not re-use a single use mask and do not share masks or coverings with others

For information on disposal or washing of face masks and face coverings, please see overleaf.