

Wearing a Non-Medical Face Mask/ Face Covering

Key Points

- A face covering protects others around you.
- Do not visit or attend appointments if you have symptoms of infection e.g. temperature or new continuous cough or if you are currently self-isolating.
- When attending hospital (to visit or for an appointment) bring a face covering with you.
- Alcohol based hand rub (ABHR) should be provided at entrance. If not please ask a member of staff.
- Clean your hands with ABHR or soap and water before and after using a face covering.
- Ensure physical distancing of 2M is maintained where possible.

Do →



Ensure the face covering covers your mouth, nose and chin.

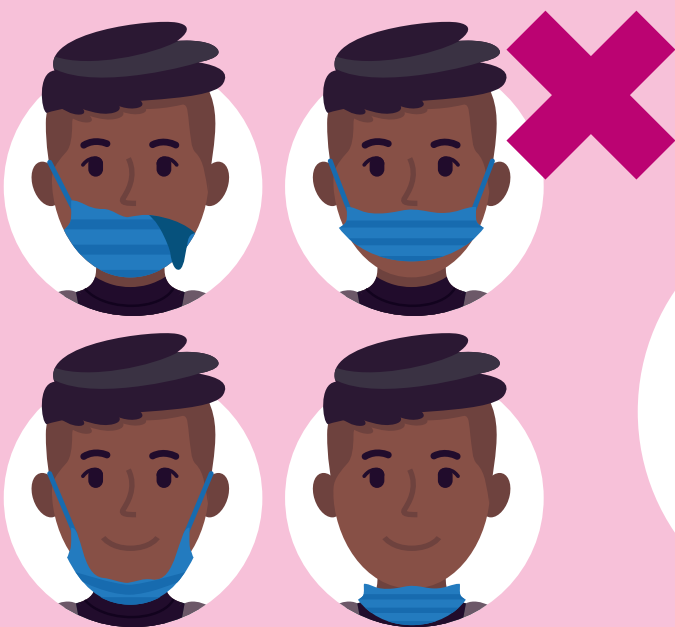


Once in place, avoid touching or readjusting the face covering even when communicating.



Wash the face covering in water and detergent and iron following use.

Don't →



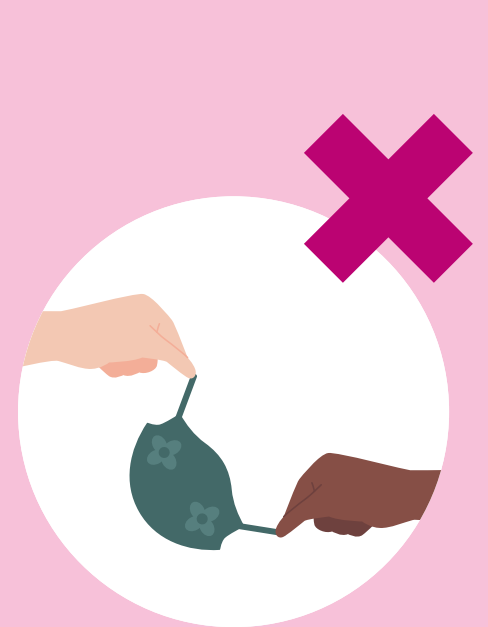
Do not wear a face covering that is loose or leaves your mouth and nose uncovered.



Do not wear a face covering that is difficult to breathe through.



Do not wear a dirty or wet face covering.



Do not share your face covering with others.