

# Wearing a Face Mask

## Key Points

- Ensure physical distancing where possible and IPC measures are maintained (follow COVID-19 UK IPC guidance).
- Always perform hand hygiene before applying and after removing your face mask.
- Change face mask in line with manufacturers instructions and if it becomes damaged, contaminated or uncomfortable.
- Change face mask between COVID and Non-COVID areas.
- Face masks must meet approved standards (BS EN 14683).

**Do** →



**Ensure the mask covers your mouth, nose and chin.**



**Remove the mask from behind ears (touching ties/loops only).**



**Discard immediately in waste receptacle.**



**Avoid touching or readjusting the mask once worn.**

**Don't** →



**Do not remove the mask to cough or sneeze.**



**Do not touch the front of the mask or readjust.**



**Do not wear the mask under your chin, around neck or over 1 ear.**