

# Wearing a face mask

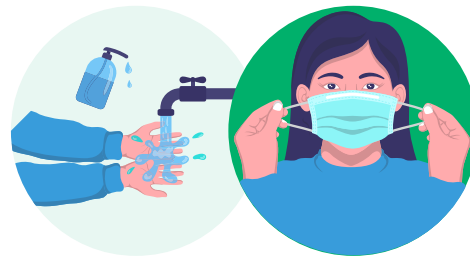
## Frequently asked questions

### Quick tips on wearing a facemask

- ✓ Before starting your shift, eat, drink and use the bathroom.
- ✓ Time your meal breaks to coincide with the changing of your mask.
- ✓ After your break, practise hand hygiene and put on a new mask before returning to work.
- ✓ The front of your mask is potentially contaminated – do not touch. Instead remove by touching the elastic at the back.
- ✓ Once you remove a mask, it should be discarded and replaced with a new one.
- ✓ Masks should not be worn for longer than four hours.
- ✓ Masks should not be worn around your chin.

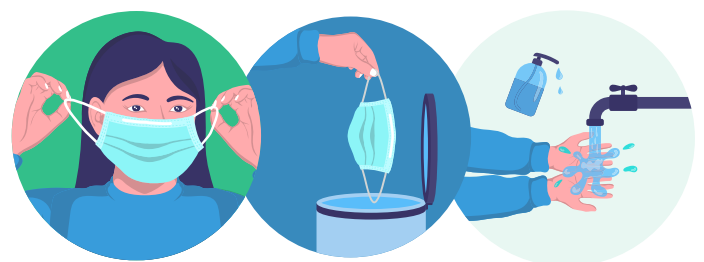
### How do I put on my mask safely?

- First conduct hand hygiene. Put on the mask, handling it only by the side ties or elastic ties.



### How do I remove my face mask safely?

- The front of your mask and face shield is potentially contaminated. **DO NOT TOUCH!**
- To remove your surgical mask, grasp the side ties or elastic ties, then remove (the design of the masks can vary slightly).
- Discard in a waste bin and perform hand hygiene.



# Wearing a face mask

## Frequently asked questions

### How long should I wear the face mask before changing?

- Masks should be removed and discarded prior to tea and meal breaks.
- Staff should wash hands, either with soap and water for 20 seconds or with sanitiser after removing and discarding their mask.
- Masks should not be worn for longer than **4 hours**.

### Can I use the same face mask after my break?

- No. Masks should be discarded if removed and replaced with a new mask after your break.

### When I go to the bathroom, do I need to remove and discard my face mask?

- If you go to the bathroom wear your mask into the facilities.
- Wash your hands.
- Then remove your mask and discard.
- Practise hand hygiene and put a new mask on.

### Am I allowed to wear my own facemask from home?

- While at work you are required to wear a mask provided by the clinic as per the PPE Matrix.
- You may wear your own reusable masks travelling to and from work.

### Are clients' and visitors able to wear their own masks into the clinic?

- No, clients and visitors must change into a MSA provided mask when entering the clinic as per the PPE Matrix.

### I am finding it difficult to tolerate wearing the face mask. What should I do?

- Many staff who will now be using a mask will have little or no prior experience with it.
- Give yourself a chance to become familiar with using it and you might find it becomes easier for you to tolerate the mask.
- It is also essential to remember that protecting yourself and your colleagues is very important, so we ask that you try to persist. If you still have concerns, speak to your manager.
- If your role is not public/patient facing your manager can liaise with the COVID-19 Clinical Management Team regarding alternatives.

### Do I need to shave off my beard to wear a mask?

- No, beards do not need to be shaved off if you are wearing a surgical mask.
- **Hospitals** treating patients require staff to wear an N95/P2 mask to care for confirmed or suspected COVID19 patients, then facial hair must be removed to ensure an adequate seal of the mask.
- If those staff cannot remove your facial hair, they are asked to talk to their manager.

### What wipe do I use to clean the face shield, tea rooms, desks, trolleys?

- Working in clinics you can use disinfectant wipes ( eg. Tuffie & Speedy)
- Clinell is only for suspect/confirmed COVID cleaning.

### If I am asked to wear a face shield

#### — where should I put it while on a break?

- Each department will need to find a space for staff to place their face shields that works for them e.g. hooks close to a tea room.
- **Tips for managing a face shield if you are going on a break.**
  1. Try to only remove the face shield prior to eating or drinking (do not walk around the department or clinic without this on).
  2. Wipe the face shield down after you have taken it off with a disinfectant.

### When I go to the bathroom, what do I do with my face shield?

- If you go to the bathroom wear your face shield in.
- Wash your hands after.
- Then clean your face shield using a wipe and put it back on.
- Practice hand hygiene.

### Should we have hand sanitiser in the staff toilets?

- After using the bathroom staff should wash their hands with soap and water.
- Once you get back to your area of work you can then use hand sanitiser as you may have touched doors on the way out of the bathroom.

### Who should I talk to if I have other questions or concerns?

- Talk with your Manager who can also escalate questions and concerns to the COVID-19 Team