

Visitor Mask Guide

To help ensure your safety and the safety of our staff, doctors and patients, all visitors are asked to wear masks while in the hospital. Please follow the instructions below for the safe fitting, wearing and disposal of masks. Please note it is your responsibility to ensure your mask is correctly fitted and worn.

Putting the mask on

1. Clean your hands before putting the mask on.
2. The lighter side goes on the inside and the flexible metal strip at the top.
3. Put the mask on your face and put the loops around your ears. The mask should cover your nose and mouth.
4. Press the metal strip to fit snugly around your nose.
5. Stretch the mask gently downwards so it sits under your chin.



When leaving

1. Clean your hands, then take the mask off by holding both ear loops.
2. Do not touch the mask in case it is contaminated.
3. Put it in the bin. Masks cannot be re-used.
4. Clean your hands.



In the hospital

1. Leave the mask on for your entire visit.
2. Do not eat or drink, touch the mask or touch your face.
3. Do not hang the mask around your neck or take it off and on.
4. If you accidentally touch your mask, clean your hands immediately. If the mask is dislodged, dispose of it and get another one.

Please [click here](#) for video instructions on the safe fitting, wearing and disposal of masks.