Patient Masks

Masking is a widely accepted and proven method of source control for COVID-19.   LHSC staff and physicians practice this containment strategy to ensure the safety of our patients.
Universal masking requirements are also in place for our patients and visitors.
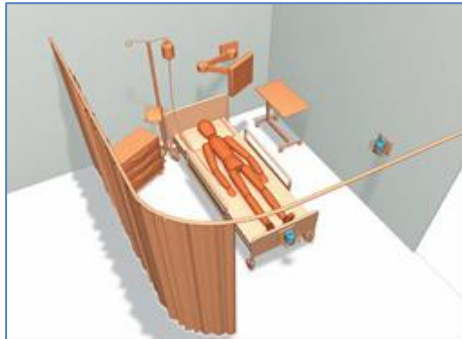
Masking is required during your hospital stay unless you are medically exempted by your LHSC healthcare team.

In addition to maintaining a 2 metre/6 feet physical distance from others (staff, patients, visitors) whenever possible, you must wear properly wear a mask

- whenever you leave your bedspace
          AND
- whenever a person enters your bedspace

Your bedspace is either:
- a private room
- for shared rooms, it includes your bed and the area inside the bedside curtains.

You should not wear a mask while you are sleeping.

You will be provided with a new mask once a day. If your mask becomes soiled, damaged or lost, please ask your nurse for another one.

Please carefully review the poster on the reverse side on *How to wear a mask* for safe handling of your mask.

Most germs in hospitals can be spread by unclean hands so remember to wash your hands
- before and after taking off your mask
- after coughing and sneezing
- when entering and exiting your bedside
- before and after eating
- when hands are visibly soiled
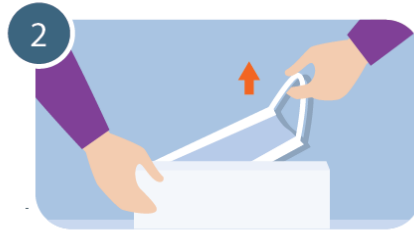- after using the bathroom

Cleaning your hands takes 15 -20 seconds! Make sure you cover all surfaces. If you are using soap and water, don't forget to use a paper towel to turn off the taps!
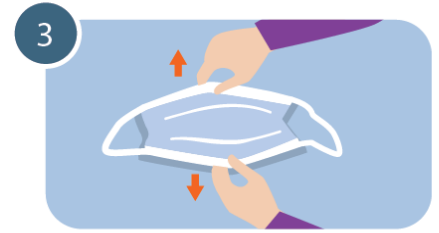
How to wear a mask

Steps on putting on the mask safely:

1 Perform hand hygiene – wash your hands or use hand sanitizer.

2 Pick up mask using ear loops.

3 Expand the mask. (Blue side faces out).

4 Place mask on your face by securing loops around your ears.

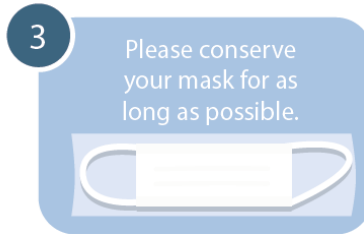**5** Adjust mask to cover your chin and pinch metal nose piece to give a secure fit.

Steps on removing the mask safely:

1 Perform hand hygiene – wash your hands or use hand sanitizer.

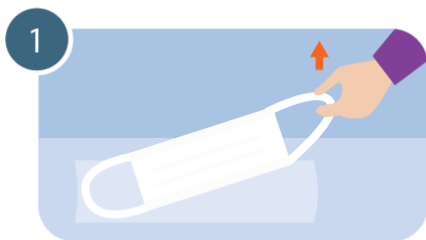**2** Remove the mask using the ear loops only.

3 Please conserve your mask for as long as possible.

Place the mask on a clean surface or a paper towel with the inner mask facing upwards to avoid contamination (white side facing up).

4 Perform hand hygiene – wash your hands or use hand sanitizer.

For re-applying the mask:

1 Pick up the mask from the clean surface using the ear loops.

2 Adjust the mask to your face as indicated in the above steps.

3 Perform hand hygiene (hand washing or sanitizer) after you're done.

London Health Sciences Centre

When you're ready to dispose of your mask, please place the mask in the garbage by the exit door and sanitize your hands.

LHSC thanks Holland Bloorview Kids Rehabilitation Hospital for permission to adapt its original work.