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Mandatory facemasks and face coverings during Covid-19

***Information for
patients, carers and visitors***

This leaflet is for inpatients, outpatients and visitors who are attending healthcare settings

Stopping the spread starts with all of us!

- F** face coverings
- A** avoid crowded places
- C** clean hands regularly
- T** two metre distance
- S** self-isolating & booking tests if we have symptoms

Mandatory facemasks for hospital inpatients

COVID-19 can be passed on by people who are infectious, but who don't have any symptoms.

Wearing a facemask while you are in hospital reduces the spread of respiratory droplets (produced when you breathe out) and also reduces contamination of the environment around you.

When you wear the facemask provided, this gives you extra protection, as well as the people around you (including staff and other patients nearby), particularly when 2 metre physical distancing isn't always possible.

Current Government guidance states all hospital inpatients **must** wear a facemask, unless they can't tolerate it or it interferes with their clinical care. This is the same as current Public Health advice.

Please be aware that staff will always ask you to wear a facemask when they enter to provide care or when you are being transferred between departments.

Always remember to carry out hand hygiene (with water and soap or alcohol hand gel) before putting on and after removing your facemask.

Let us know if your mask becomes damp, wet or contaminated and we will give you a new one.

Place your used facemasks in the bins provided. If possible, use an orange clinical waste receptacle if there is one nearby.

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.

Mandatory facemasks / coverings for visitors and outpatients in health and social care settings

Current Government guidance states that anyone attending health and social care settings **must** wear a facemask or face covering.

This includes if you are:

- attending an outpatient department.
- in a clinic, health centre etc.
- visiting or escorting patients.

This is the same as current Public Health advice and all members of the public must wear face coverings in public places where 2 metre physical distancing is not possible.

Staff can give you a surgical facemask when you enter healthcare buildings if you need one.

Always remember to carry out hand hygiene (with water and soap or alcohol hand gel) before putting on and after removing your facemask.

Place used facemasks in bins provided at the exit.

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.

The poster opposite is also at the following link:
https://hpspubsrepo.blob.core.windows.net/hps-website/nss/3119/documents/1_covid-19-wearing-facemask-public.pdf

or scan the QR code with your smartphone for a copy:



Face covering / mask exemptions

If you are exempt from wearing a facemask, please show us your exemption card, lanyard or badge. This will help staff to identify you easily.

Exemptions include:

- all babies, toddlers and children under 5 years old.
- a woman in labour.
- a patient in a single room where no one else is in the room.
- a patient who's mask interferes with their clinical care or who can't tolerate a facemask.
- we do appreciate that it's not practical to wear a facemask all the time (such as when you are asleep, showering, eating and drinking or where 2 metre physical distancing can be maintained).

What doesn't count as exemption?

- not wanting to wear a facemask / covering
- mild discomfort when wearing one

Acknowledgements:

NHS Lanarkshire

Scottish COVID-19 Infection Prevention and Control
Addendum for Acute Settings

**This leaflet is also available in large print.
Other formats and languages can be
supplied on request. Please call Quality
Development on 01224 554149 for a copy.
Ask for leaflet 1934.**

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call 01224 554149 to let us know.

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