



# COVID 19

To ensure you reduce the risk of spreading COVID 19 to yourself and others,

## Your Mask Must



Cover the nose and mouth ensuring the mask is blue side out. (Smooth the wire across the bridge of the nose)



Be removed by using the side straps only and disposed of in the correct waste stream.



Be replaced when moist, damaged or visibly soiled.



## Your Mask Must



Not be worn dangling around the neck after or between each use (remove the mask instead)



Not be touched or lifted up or down once on the face (clean your hands if you accidentally touch your mask)



Remember: Perform hand hygiene before applying and after removing personal protective equipment (PPE). See the: WHO 5 moments for hand hygiene

Dispose of used masks immediately into the correct waste stream. This will vary according to your location, remember to clean your hands afterwards .

For more information on masks please visit

<https://www.leedsth.nhs.uk/covid19/facemask-guidance/>