

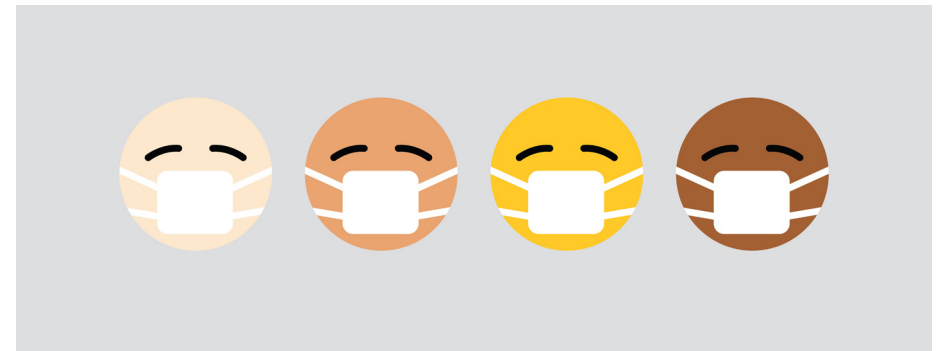
Further information and help

- More information is available on our coronavirus website at www.coronavirus.wi.nhs.scot
- For more general information on Coronavirus, you can visit NHS Inform at: <https://www.nhsinform.scot>
- To keep up to date on national guidance and restrictions, visit: www.gov.scot/coronavirus-covid-19
- If you have any questions in the meantime, you should ask a member of staff on the ward.



Bòrd SSN nan Eilean Siar
NHS Western Isles

WEARING A FACE MASK: INFORMATION FOR PATIENTS



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Leaflet adapted from the HPS Infosheet on Wearing a Face Mask - Information for Patients

Disclaimer

No liability is accepted for misinterpretation. All information was correct at the time of publication and information will be updated subject to guidance/policy changes.

Essential information for inpatients in hospital

Important points

- A surgical face mask should be worn by all patients within the hospital, including moving between departments.
- Wearing a face mask protects you and others around you.
- Clean your hands with hand sanitizer before and after using a face mask.
- Once in place do not touch the face mask, even when communicating.
- Don't move the face mask below your chin to speak or when you are not using it.
- Change your mask regularly, in particular:
 - > when it is damp, soiled or damaged;
 - > before moving to a different area of the hospital;
 - > after eating or drinking.

1. Make sure the face mask covers your nose, mouth and chin.
2. You do not need to wear a face mask if you are receiving oxygen therapy or are unable to tolerate wearing one.
3. You should wear a face mask as much as possible, including when in bed.
4. If you are in a single room you should wear a mask whenever anyone enters your room.
5. You can remove your face mask when showering, eating/ drinking or sleeping.
6. Make sure you stay a 2 metre physical distance from others where possible.

