



Be Covid-19 aware



# HOW TO WEAR YOUR FLUID RESISTANT SURGICAL MASK



ALWAYS CLEAN YOUR HANDS BEFORE AND AFTER WEARING A MASK

## Correct mask

Fluid Resistant Surgical (FRS) masks will be provided to all health workers, visitors or patients visiting this site at all entrances and **must** be worn unless you have a medical exemption.

When wearing a FRS mask, always have the **coloured side** showing outwards and the metal band at the top of your nose.



## Check your fit

Check that it is easy to fit and completely covers your nose and mouth, all the way down under your chin.

Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. **Do not** touch or fidget with the face covering when it is on.



### DO NOT

Wear the FRS mask below your nose.



### DO NOT

Leave your chin exposed.



### DO NOT

Wear it loosely with gaps on the sides.



### DO NOT

Wear it so it covers just the tip of your nose.



### DO NOT

Push it under your chin to rest on your neck.



## FOLLOW THESE TIPS TO STAY SAFE:

Always clean your hands before and after handling your FRS mask.

Always change your FRS mask if it is dirty, wet or damaged.

Carry unused FRS masks in a sealable clean waterproof bag, e.g. a ziplock.

Carry a second similar type bag, to put used FRS masks in.

## Safe removal



Use the ear loops or ties to take the FRS mask off.

**Do not** touch the front of your mask when you take it off.



## Disposal of FRS mask



Always dispose of FRS masks properly in a bin.

Don't forget to always clean your hands...



... and keep social distance.

