

**Posters for COVID for Front Entrances, Reception Areas, Ward / Department, Lifts and Public / Common Areas. (Public Facing Areas).**

# Fluid resistant surgical masks must be worn at all times

**It is a legal requirement to wear a mask (unless you are exempt)**



**Mask are available from reception**

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

Be Covid-19 aware **NHS**

## 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.




Use 12 March 2020 | For All NHS | Chief of Public Health Operations | London, England | © NHS | Design: [unreadable]

## Coronavirus

**Wash your hands with soap and water more often for 20 seconds**


Use a tissue to turn off the tap. Dry hands thoroughly.

**1**




Palm to palm

**2**




The backs of hands

**3**




In between the fingers

**4**




The back of the fingers

**5**




The thumbs

**6**




The tips of the fingers




**HOMEMADE FACE COVERINGS FOR SHOPPING AND PUBLIC TRANSPORT**

**NHS**




**Fluid Resistant Surgical Masks FOR THE NHS**


**We must keep on protecting each other.**



**HANDS**



**FACE**



**SPACE**

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

# Posters for office areas and staff areas in clinical areas;

## COVID Safety for Staff

### Keeping Surfaces Clean and Clutter free protects your colleagues.

- Clean all surfaces/desks- before and after use.
- Stick to the same desk where possible .
- Wash hands or use alcohol gel after wiping or before or after eating/ drinking.
- Be aware of car sharing outside your bubble and wear mask if car sharing or on public transport.
- Ensure you maintain 2 m distance especially if removing your mask to eat or drink.
- Open windows regularly if possible to circulate air.

**Coronavirus**  
Wash your hands with soap and water more often for 20 seconds  
Use a tissue to turn off the tap. Dry hands thoroughly.

**Where to clean:**  
A frequently touched surface is a surface that is touched multiple times each day or touched by different people during the day. Some examples of frequently touched surfaces that should be cleaned with Clinell Universal Wipes are:

**How to clean effectively:**

**We must keep on protecting each other.**

STAY ALERT CONTROL THE VIRUS SAVE LIVES

## Maximum Occupancy is

**You must wear a Fluid resistant surgical mask at all times unless eating or drinking or in this room on your own.**

### We must keep on protecting each other.

**Fluid Resistant Surgical Masks FOR THE NHS**

STAY ALERT CONTROL THE VIRUS SAVE LIVES

## CLEAN YOUR DESK

### Keeping Surfaces Clean protects your colleagues.

#### Safe Use of Office Space

- Please ensure you wipe clean surfaces at the beginning and end of the day. Be thorough!
- Focus on surfaces that you touch most often phone, mouse and keyboard.
- Stick to the same desk where possible .
- Reduce clutter and remove difficult to clean items.
- Clean hot desks- before and after use.
- Wash hands or use alcohol gel after wiping or before or after eating/ drinking.

**Coronavirus**  
Wash your hands with soap and water more often for 20 seconds  
Use a tissue to turn off the tap. Dry hands thoroughly.

**Where to clean:**  
A frequently touched surface is a surface that is touched multiple times each day or touched by different people during the day. Some examples of frequently touched surfaces that should be cleaned with Clinell Universal Wipes are:

**How to clean effectively:**

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STAY ALERT CONTROL THE VIRUS SAVE LIVES