

## COVID-19 (Coronavirus) Hygiene

### When you should wear a surgical face mask

Your team is being provided with a supply of surgical masks for use when a task required you to be within 2 metres of others.

When used properly, a surgical face mask may prevent the spread of coronavirus before sufferers start to display symptoms. Masks must be used in addition to using hand sanitizer or regular hand washing. Stay 2 metres from others where possible.

If you have any symptoms of Coronavirus – a new, continuous cough, a high temperature (>37.8C or you feel hot to touch on your chest or back) or you feel unwell – do not come into work and seek medical advice if required.

#### How do I use a surgical face mask?

- 1) Wash your hands or use hand sanitizer before picking up the mask
- 2) Inspect the mask for holes and tears
- 3) Loop the mask over your ears and cover your nose and mouth as closely as possible with the fabric
- 4) Avoid touching your face once the mask is in place
- 5) Wear each mask for a maximum of 2 hours. If the mask becomes wet or damp, change it sooner
- 6) Remove the mask, holding it as far from your face as possible
- 7) Dispose of the mask safely, double bagging it in any suitable plastic bag. The bag should be tied and left 'in quarantine' for 72 hours before discarding as normal waste.

**Remember, SAFETY FIRST, SAFETY ALWAYS**