CoVID-19: Your Care

Wearing a face mask whilst in hospital during COVID-19

The Victorian Department of Health and Human Services is advising that people wear a face mask when in hospital. Wearing a face mask provides an additional physical barrier and helps to reduce your risk of infection.

Frequently Asked Questions

When should I wear a face mask?

- When you cannot stay 1.5m away from people (physical distancing)
- If you go outside of your room or cubicle
- If you are taken to another part of the hospital (e.g. bed move, or transfer to radiology or operating theatres)

Who will provide me with a face mask?

Unless you have your own appropriate mask, your healthcare team will provide you with one and show you how to wear it.

How do I wear my face mask to ensure it is working?

Your mask should fit snugly and cover your nose and mouth. Never wear your mask around your neck or hang from one ear. Avoid touching the front of your mask when wearing it.

Follow the How to wear your disposable mask instructions

Ask your nurse if you need help putting on your mask for any reason

When do I change the mask?

If your mask is damp or soiled, or becomes damaged, it should be changed. Your mask can last up to 4 hours.

What if I want to wear a mask all the time?

Talk to the team looking after you.

Where should I dispose of my face mask whilst in the hospital?

Masks should be disposed of in general waste bins.

What do I do if I need to eat or drink?

Masks should be removed whilst eating and drinking. Remember to wash your hands or use the alcohol based hand rub before and after.

Does my face covering worn for religious beliefs/cultural practice qualify?

Face coverings worn as part of religious beliefs or cultural practice may not offer the same level of protection as a well-fitting face mask.

Alfred Health will provide face masks for additional protection.
MAKE SURE YOU WEAR A CLEAN MASK:
- If a physical distance of 1.5m cannot be maintained
- If you go outside of your room or cubicle
- If you are transferred to another part of the hospital

APPLYING YOUR MASK

1. Clean your hands with supplied hand rub.
2. Only touch the loops.
3. Carefully place one loop around each ear.
4. Shape the metal strip across your nose, ensuring it fits closely.

WEARING YOUR MASK

1. Avoid touching the front of your mask when wearing it.
2. Never wear your mask around your neck or hang from one ear.
3. Ask your nurse if you need help putting on your mask.

REMOVING YOUR MASK

1. Clean your hands with supplied hand rub.
2. Only remove your mask by the loops.
3. Place in general waste bin.
4. Clean your hands with supplied hand rub.