

COVID-19

# Cabrini mask guide

Your safety and the safety of all patients, staff and doctors is important to us. Everyone needs to wear a mask while at Cabrini. Please follow the instructions for the correct fitting, wearing and removal of masks.

## Putting on the mask correctly

- Ensure hands are clean before putting the mask on.
- The flexible metal strip sits on the bridge of your nose.
- Place the mask on your face and put the loops around your ears, covering your nose, mouth and chin.
- Gently press the metal strip to adjust over your nose.
- Gently pull the mask downwards from the bottom to ensure coverage.



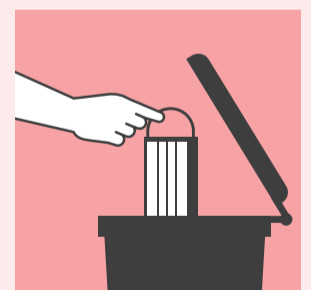
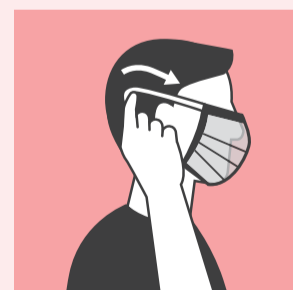
## During your hospital visit

- Wear your mask at all times, unless alone in your room.
- Do not touch the mask or your face.
- Do not remove your mask and put it back on, nor hang the mask around your neck.
- If you accidentally touch your mask, clean your hands immediately. If the mask is dislodged, dispose of it and get another one.



## Safely removing the mask

- Clean your hands then remove the mask by the ear loops.
- Do not touch the mask.
- Dispose of mask in bin as masks cannot be re-used.
- Clean your hands.



Visit [cabrini.com.au/coronavirus](https://cabrini.com.au/coronavirus) for more information.



**Remember that masks alone cannot protect you from COVID-19.**

Maintain social distancing and wash your hands frequently even while wearing a mask.



**Cabrini**