

# How to wear a mask



Wash your hands with soap and water or clean with hand sanitizer.



Pick up the mask by holding the ear loops or ties.



Place the mask over your nose and mouth and secure the loops over your ears or tie the ties behind your head.



Mold or pinch the mask over your nose. The mask should be comfortable and allow you to breathe.

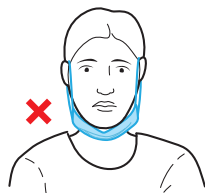


Wash or clean your hands again and avoid touching the outside of the mask with your hands.

## How to remove your mask:

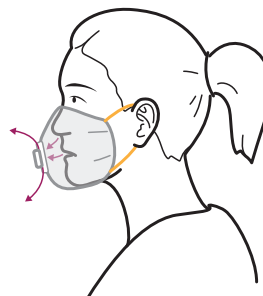
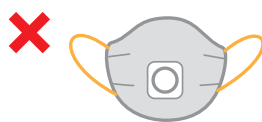
Wash or clean your hands before removing your mask by holding the ear loops or ties.

# How **NOT** to wear a mask



Patients, visitors and contractors who arrive wearing a respirator or mask with an exhalation valve will be asked to wear a hospital isolation mask instead.

Exhaled droplets escape through the valve.



## Keeping You Safe

# Patient and Visitor Guidance

Masks are an important way to protect yourself, your child and others from getting sick with COVID-19 and other infections. **ALL** patients\*, visitors and staff are required to wear masks at BJC HealthCare facilities. Some people can be infected and not feel sick.

- You and your child can wear a cloth mask. If you don't have a mask, we will provide one for you.
- The mask should cover your nose and mouth.

## • **WHEN TO WEAR A MASK:**

- Any time health care staff enter your child's room.
- Any time you leave your child's room to go to the bathroom, cafeteria or any other areas of the hospital.



- Clean your hands each time you remove or apply your mask.
- Do not touch your face (eyes, nose or mouth).
- Maintain social distancing of at least 6 feet from others.
- Please remain with your child during your stay and limit movement throughout the hospital as much as possible.
- Notify your child's care team when you leave the unit.
- \*Patients under age 2 and patients who have difficulty breathing or who cannot remove their masks without assistance should NOT wear a mask.

Thank you for partnering with us to keep you and your child safe. Please speak with your child's care team if you have any questions about our masking policy.

## Keeping You Safe