

To prevent the spread of COVID-19 and keep everyone at the hospital safe, all patients and essential caregivers must wear a mask while in the hospital. When you enter the hospital, you will meet with screening staff. You will be required to clean your hands with hand sanitizer and will be provided with a hospital-issued mask to wear at all times while in the hospital.

### How does a mask protect others and me?

By wearing a mask, you are protecting others around you by limiting the spread of the droplets that you release when you are coughing, sneezing, and speaking. You are also protecting yourself by reducing the chance of breathing in droplets from others who are within 2 metres of you.

### When must I wear a mask?

#### Patients:

You must wear your mask if you:

- **Are in any public space**
- **Are in a treatment room** (for example, for a test, clinic visit, or in the Emergency Department).
- **Are leaving your inpatient room** (for example, if you are going for a test in another department).
- **When staff, a visitor or another patient is entering your bed space** and 2 metres of distance cannot be maintained.

*Exceptions:*

- Your child may remove their mask while in the treatment room, but they must put it back on when a health care provider is in the room.
- If you are admitted to hospital and you are staying overnight, you may remove your mask while in your bed. Do not wear a mask when sleeping.

#### Essential Caregivers:

**You must wear your mask at all times while you are in the hospital.** This includes all public spaces, as well as when you are alone with your loved one in the treatment area or in their hospital room.

As the number of patients gradually increases at STEGH, we ask that all patients and essential caregivers stay in their treatment area or inpatient room to reduce their risk and ensure a safe distance from others.

### Who is exempt from wearing a mask?

Pediatric patients under the age of four (4) are not required to wear a mask. People with legitimate medical conditions that prevent them from safely wearing a mask are exempt (i.e. those with difficulty breathing, extreme anxiety or other related mental health conditions). Patients and essential caregivers who are mask exempt will be provided with a face shield and a sticker indicating that they are "mask exempt". \*Essential caregivers who are not mask exempt, but refuse to wear a mask will be denied entry.

# HOW TO WEAR A MEDICAL MASK SAFELY

## Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask