

# COVID-19 Restrictions Healthcare Worker Face Mask Information

## CALHN MASK Advice Factsheet for Healthcare Workers (HCW)

Wearing a face mask protects yourself, patients and the community by providing an additional physical barrier to coronavirus (COVID-19). When you enter any CALHN facilities you will be required to wear a face mask.

In blue space/office space areas a Level 1 surgical mask should be worn. In all clinical patient areas including outpatients, HCW are required to wear a level 3 surgical mask, this includes **eye protection** (reusable eyewear or disposable) when providing direct care. Masks must be replaced after leaving a transmission based precautions room.

Disposable masks can be worn for no longer than 4 hours, as long as they remain intact, you haven't touched your mask and it's not damp. Masks can be discarded into general waste. Face masks should be changed following meal breaks or if they are removed at any point. HCW can only wear hospital supplied masks within the healthcare facility, **not cloth masks**.

Remember to:

- Wash your hands before putting on the mask either with an alcohol hand rub or soap and water.
- Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.
- **Do not touch the front of the mask while wearing it.** If you do touch the mask, wash or sanitise your hands immediately.
- To remove the mask wash or sanitise your hands first. Carefully remove your mask by grasping the ear loops or untying the ties. Throw the mask straight into the waste bin. Do not pull the mask and leave it hanging around your neck or chin or on top of your head. Its covered in germs!!!!
- Wash or sanitise your hands after removing the mask.



### What you need to keep doing

- Wash your hands regularly
- Keep 1.5 metres from others
- Get tested, even if you have mild symptoms
- Stay home if you're feeling unwell.

For more information about SA Health, CALHN and the COVID-19 situation, visit:

<https://www.rah.sa.gov.au/covid19/information-for-calhn-staff>  
[SA Health COVID19 Frequently asked Questions](#)

Thank you for your understanding in this difficult time.

**For more information:**

**CALHN: Clinical Worker Health Unit**  
Royal Adelaide Hospital - Phone 71172306  
The Queen Elizabeth Hospital- Phone 08 82227642  
Afterhours: 0433976481

**CALHN: Infection Prevention and Control Unit**  
Royal Adelaide Hospital - Phone 08 7074 2810  
The Queen Elizabeth Hospital- Phone 08 8222 7588

