

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.

Blue space

Office space areas a Level 1 surgical mask should be worn. If in a single office, the mask needs to be placed when a staff member enters the office.

Clinical patient areas, including outpatients

HCW are required to wear a level 3 surgical mask at all times. As per standard and transmission based precautions, eye protection (reusable eyewear or disposable) are to be worn where transmission based precaution are in place. Masks must be replaced after leaving a transmission based precautions room.

Use and disposal

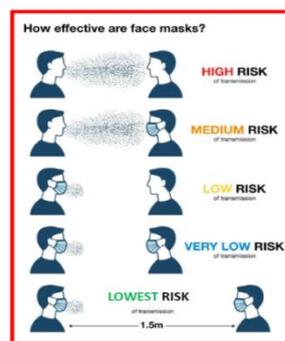
- Disposable masks can be worn for a maximum of 4 hours, as long as they remain intact, you haven't touched your mask and it's not damp.
- Masks can be discarded into general waste.
- Face masks should be changed following meal breaks, attending the bathroom or if they are removed at any point. All staff including 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. It's 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](#)



* There are few exceptions to mask wearing including: certain breathing difficulties, mental health conditions, communication with deaf or hard of hearing community members. Please contact CWHS or IPCU for a risk assessment.

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

CALHN: Clinical Worker Health Unit
Royal Adelaide Hospital - Phone 71172306
The Queen Elizabeth Hospital- Phone 08 82227
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