

CALHN mask advice factsheet for patients and visitors

Wearing a face mask protects you and the community by providing an additional physical barrier to coronavirus (COVID-19).

When you enter any of our facilities you will be required to wear a mask.

- 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.
- If you are alone in your inpatient room/cubicle, you are only required to wear a mask as soon as someone enters your room i.e. nurse.
- There are few exceptions to mask wearing including: certain breathing difficulties, mental health conditions, communication with deaf or hard or hearing community members, or if a child is under 12 years of age.

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.
- Do not allow the mask to hang around your neck.
- 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 chain 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

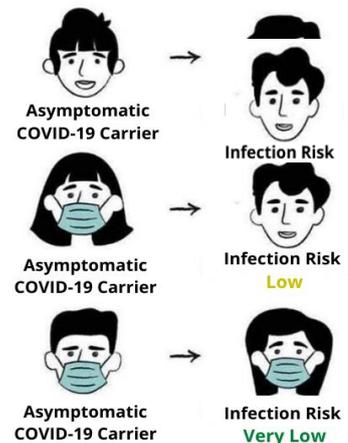
- <https://www.rah.sa.gov.au/covid19/information-for-patients>
- [SA Health COVID19 Frequently asked Questions](#)

Thank you for your understanding in this difficult time.

For more information:

Call the SA COVID-19 Information Line on 1800 253 787 9.00 am to 5.00 pm, 7 day

My Mask Protects You, Your Mask Protects Me.



Why Masks Are Not A Personal Choice.



Government of South Australia

Health

Central Adelaide Local Health Network