

How to use Face Coverings

When attending Children's Health Ireland

ALWAYS CLEAN YOUR HANDS BEFORE AND AFTER WEARING A FACE COVERING

Correct Covering

At CHI we ask patients and families to arrive to the hospital with their own face covering.

Medical masks should be reserved for health workers or patients in treatment.

If you have been advised to wear a medical mask, always have the coloured side showing and the metal band at the top of your nose.



Check your fit

Check that the face covering is made from a fabric that you are comfortable wearing.



Check that it is easy to fit and completely covers your nose and mouth and ensure your face covering fits under your chin.



Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. Do not touch or fidget with the face covering when it is on.



DO NOT

Wear the face covering below your nose.



DO NOT

Leave your chin exposed.



DO NOT

Wear it loosely with gaps on the sides.



DO NOT

Wear it so it covers just the tip of your nose.



DO NOT

Push it under your chin to rest on your neck.



FOLLOW THESE TIPS TO STAY SAFE:

ALWAYS

wash your hands before and after handling your face covering.

ALWAYS

change your face covering if it is dirty, wet or damaged.

CARRY

unused face coverings in a sealable clean waterproof bag, for example, a ziplock.

CARRY

a second similar type bag, to put used face coverings in.

CHILDREN UNDER 13

Face coverings are not required unless clinically advised.

ALWAYS

wash cloth face coverings on the highest temperature for cloth.

Safe removal

Use the ties or ear loops to take the face covering off.

Do not touch the front when you take it off.



Disposing Of Single-Use Mask

Always dispose of single-use masks properly in a bin.

Don't forget to clean your hands and keep social distance.



Sláinte Leanaí Éireann



Children's Health Ireland