

Putting on a Protective Mask

- Infection control procedures apply
- Do not contaminate a mask before putting it on or you defeat its purpose
- Do not store masks where they might become dirty or dusty etc.

- A mask may not only protect you from client ailments, it may protect a client if you are unwell, for example, if you have a cold

- Wash your hands, dry them etc.
- Hold the ties/straps, without touching the mask itself
- Put the mask over your mouth and nose
- Fit the ties/straps behind your ears/over your head (depending upon the type of mask)
- Secure the mask behind your ears/head (depending upon the type of mask)
- If there is a metal piece that sits on the bridge of your nose, pinch it against your nose to make a good seal
- To remove the mask, unsecure it - only by touching the ties/straps
- Throw it into the clinical waste
- Wash your hands

- If you are going to be wearing gloves:
 - put the mask on before the gloves
 - take the mask off before the gloves
 - follow glove fitting/removal practices

