02 September 2020

**Wearing a mask in hospital**

Face masks can help stop the spread of coronavirus (COVID-19). You may need to wear a mask in Queensland when:

- you are entering a hospital
- you are visiting a residential aged care facility in a restricted area
- you are visiting a disability accommodation service in a restricted area
- your doctor or nurse has told you to
- you are getting tested for COVID-19.

It is important to continue washing your hands often and stay two big steps away from others. Try not to hug, kiss or shake hands with other people.

**Wearing a mask in hospital**

You will be given a mask when you come into hospital and will need to wear it the whole time you are in hospital. This is so our patients and their visitors are kept safe from germs.

**How to wear a mask**

1. Clean your hands with soap and water or hand sanitiser before you put on your mask.
2. Hold the mask by its tapes or loops, then tie the mask around your head or put the loops around your ears.
3. Make sure the mask fully covers your mouth and nose. Make sure there are no gaps between your face and the mask. If you are using a surgical mask, press the nose piece around your nose.

Do not touch your eyes, nose, or mouth or the front of the mask while wearing it. When you are finished wearing the mask, throw it in the bin. If possible, throw your mask away in a sealed bag. Wash your hands immediately after throwing the mask in the bin.

Need more information?

If you need an interpreter, call 13HEALTH (13 43 25 84) and ask for one. It is free.

Mental health help

If you feel worried, scared or sad about COVID-19 you can phone 1300 MH CALL (1300 64 22 55) or contact Queensland Transcultural Mental Health Centre (open Monday to Friday, 8.30 am to 4.30 pm) on 1800 188 189. Ask for an interpreter.