During the new surge of the Coronavirus (COVID-19) pandemic, UCLH is asking you and all other patients admitted to the hospital (inpatient and daycase) to please wear a surgical face mask when:

✓ You move around the ward (e.g. going to the toilet, to any common area), and
✓ Staff are by the bedside delivering and/or discussing care.

Why should I wear a mask inside the hospital?

As you probably know, COVID-19 is an infectious disease that spreads quickly and can be dangerous. We are asking you to wear a surgical mask to prevent the acquisition and transmission of the virus and avoid the risk of contaminating the people and areas around you. It’s important to minimise the risk of transmission between you and staff, and you and other patients.

How can I best comply with this new requirement?

The top is stiff and you should mould it to your nose

Check for damage. A damaged mask is ineffective!

The coloured side goes on the outside

To put it on: hold the mask by the loop and place them around each ear
To take it off: remove via the ear loops only

The bottom of the mask goes over both your mouth and chin
Before and after wearing your surgical mask

Before: clean your hands with soap and water or alcohol gel before putting on a face mask, to avoid contaminating your mask with something you might have touched beforehand.

After: dispose of your mask in a clinical waste bin and clean your hands with soap and water or alcohol gel. Don’t leave the mask on your bed-side table or anywhere in your area.

Please ask a member of staff if you need any help.

Other things to consider

If you are wearing glasses, please remove them before putting on a surgical mask. Mould the stiff and bendable edge of your mask to your nose and pull the bottom of the mask over your mouth and chin. Then, put your glasses back on.

Masks will be provided to you on a regular basis, if you need a mask and don’t have one, please ask the staff in the ward.

Further information

If you have any suggestions or comments about your visit, please either speak to a member of staff or contact the patient advice and liaison service (PALS) on 002034473042. You can also email PALS at uclh.pals@nhs.net.

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please contact the Patient Information office by email at uclh.patientinformation@nhs.net