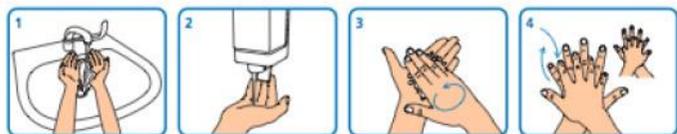


4. How Do I wash my hands correctly and what should I use?

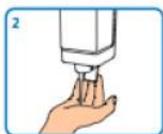
Please see the step by step process below for hand washing. Hand sanitizer can be used by following steps 2 to 9 in the image below, if hand washing facilities are not available.



Hand-washing technique with soap and water



1
Wet hands with water



2
Apply enough soap to cover all hand surfaces



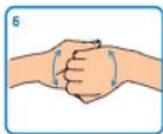
3
Rub hands palm to palm



4
Rub back of each hand with palm of other hand with fingers interlaced



5
Rub palm to palm with fingers interlaced



6
Rub with back of fingers to opposing palms with fingers interlocked



7
Rub each thumb clasped in opposite hand using a rotational movement



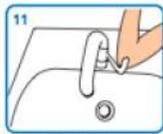
8
Rub tips of fingers in opposite palm in a circular motion



9
Rub each wrist with opposite hand



10
Rinse hands with water



11
Use elbow to turn off tap



12
Dry thoroughly with a single-use towel



13
Hand washing should take 15-30 seconds

5. Can I reuse my face covering after the clinic?

Yes, cloth face coverings can be reused but we would advise the following:

- After your appointment. Remove your face covering as per step 2
- **Once home: wash the face covering in the washing machine at 40° then leave to dry naturally**
- You must wash the face covering after each use

Surgical face masks cannot be washed or reused.

6. Can I share my mask with my family members?

Do not share your face covering (mask) when you are not using it to prevent infecting others with the virus even if you yourself are not showing symptoms.

For Further information on Coronavirus Please Visit:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>



Patient Information on Wearing of Face Covering (Mask) for Coronavirus/COVID-19 during your visit



1. Why should I wear a face covering (mask) when I have no symptoms of coronavirus?

Public Health England (PHE) has recommended the use of face coverings (masks) when visiting enclosed public spaces. These are places you may be more likely to come into contact with people you do not normally meet. Face coverings are beneficial in places where it is not possible to maintain social distancing measures.

Staff will also be wearing masks, gloves and aprons, and when you wear a face covering (mask) this will provide additional protection for staff and other patients. Face coverings do not need to be worn by those who may find it difficult to wear due to breathing problems or other health conditions.

The face covering (mask) provides protection to others from you, not to protect you from the staff or other patients during your visit.

During your visit other patients who are able to wear masks will also be advised to wear a face covering (mask) during their visit.

How do I put on and take off the face covering (mask) correctly?

Putting on the face covering (mask)

instructions:

- Wash or hand sanitize your hands (see point 4)
- Tie face covering (mask) or attach ear loops
- Adjust the face covering (mask) to cover the nose and mouth
- **The face covering must cover nose and mouth at all times**
- Whilst you have the face covering (mask) on it is essential you **DO NOT touch the front of the mask at any time** as this will increase the risk of you contaminating yourself with coronavirus

If you need to touch your face or have touched it by accident please *wash or hand sanitize your hands after touching your face to prevent contaminating yourself with coronavirus.*



Taking off the face covering (mask)

instructions:

- Wash or hand sanitize your hands
- Unhook the ear loops (or if ties, undo the ties) and remove in a downward motion away from your face
- Without touching the front of the face covering (mask) place in plastic bag
- **During removal it is essential you avoid touching the front of the face covering (mask) to avoid contaminating yourself. If you by accident touch the front of mask please wash or hand sanitize your hands immediately**
- Wash or hand sanitize your hands
- After your visit either dispose of your face covering (mask) in a normal waste bin or if the face covering is reusable please wash after each use (see point 5)



OR
IF FACE
COVERING
BEING
REUSED...



Wash at 40°