

How to wear a mask



Wash your hands with soap and water or clean with hand sanitizer.



Pick up the mask by holding the ear loops or ties.



Place the mask over your nose and mouth and secure the loops over your ears or tie the ties behind your head.



Mold or pinch the mask over your nose. The mask should be comfortable and allow you to breathe.

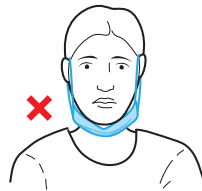


Wash or clean your hands again and avoid touching the outside of the mask with your hands.

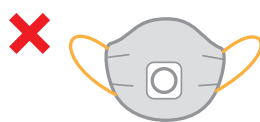
How to remove your mask:

Wash or clean your hands before removing your mask by holding the ear loops or ties.

How **NOT** to wear a mask



Patients, visitors and contractors who arrive wearing a respirator or mask with an exhalation valve will be asked to wear a hospital isolation mask instead.



Keeping You Safe

Patient and Visitor Guidance

To protect your health, patients, visitors and staff are required to wear masks and follow other safety guidance at BJC and Washington University facilities.

Patients

- You can wear your own cloth mask or face covering.
- Please do not wear masks with valves.
- If you do not have a mask, we will provide a disposable mask for you.
- You will receive a new disposable mask each day.
- You can remove your mask when you are alone in your room.
- Please put your mask on when health care staff enter your room.
- You will need to wear your mask any time you leave the room, such as to take a walk or be transported for tests.
- Wash hands when you enter/exit the room.
- Patients who have difficulty breathing or who cannot remove their mask without assistance should NOT wear a mask.
- Patients under 2 should NOT wear a mask.

Visitors

- Remain with your loved one during your stay; limit movement throughout the hospital.
- Notify the care team when leaving and returning to the unit.
- Wash hands when you enter/exit the room.
- Wear your mask throughout the facility. If you don't have a mask, we will provide you with one.
- Please do not wear masks with valves.
- Launder your cloth mask on a regular basis and anytime it is visibly soiled.
- If symptoms develop during your visit, report them immediately to the care team.
- Maintain social distancing of at least six feet from others.
- Pay attention to signage regarding elevator etiquette.
- Visitors are limited. For the complete visitor policy, visit boone.org/covid19.

Keeping You Safe