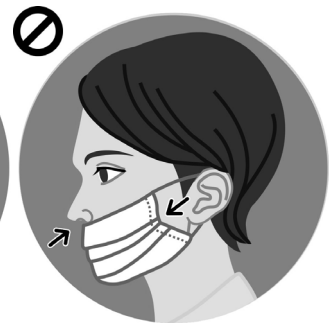




# CMH Masking During COVID-19

Everyone entering a CMH facility should wear a mask. **You must use your mask properly for it to be effective.**



## Why We Mask

### “I mask to protect you”

Any time you wear a cloth or health care mask, you are slowing the spread of contagious diseases caused by viruses and bacteria. The mask “grabs” germs leaving your mouth and nose before they can spread to others through droplets that fall within 6 feet, or through airborne particles that can fly for 100s of feet.

### “I mask to protect myself”

If you are wearing a mask to protect yourself from COVID-19, then it must be a health care grade mask (loop ear or surgical). These masks have filter capacity to prevent droplet spread.

Staff who are with patients and involved in aerosol (airborne) generating procedures must wear a higher level of protection to prevent exposure from smaller aerosolized particles (i.e. N95 mask) and eye wear. Eye wear prevents droplets from getting in the mucous membranes of the eye, where the virus can then be absorbed.

## Masking Requirements for CMH Caregivers

You will be given one surgical mask/face mask per day. You must wear this in public areas including hallways, lobbies, the cafeteria. No homemade or cloth masks are allowed. If you provide direct patient care, you must wear a surgical mask/face mask and protective eye wear when working within six (6) feet of a patient. These will be provided to you.

Resources at [columbiamemorial.org/caregiver](http://columbiamemorial.org/caregiver):

- Read the CMH policy “Reuse and Extended Use of PPE” for more information on use of your mask.
- Watch the CMH Mask Don/Doff Videos.

## Donning and Doffing Your Mask

| EAR LOOP MASK  | SURGICAL MASK WITH TIES   |
|--|---|
| <p><b>Donning (Putting On) Your Mask:</b></p> <ol style="list-style-type: none"> <li>1. Hand sanitize</li> <li>2. Put fingers through the ear loops, nose piece should be on top.</li> <li>3. Place mask over mouth and nose, positioning ear loops over ears</li> <li>4. Pull mask from the top and bottom to unfold the pleats.</li> <li>5. Form nose piece over bridge of nose</li> </ol> <p><b>Doffing (Taking Off) Your Mask:</b></p> <ol style="list-style-type: none"> <li>1. Grab loops with both hands</li> <li>2. Remove from ears and throw away</li> <li>3. Wash or hand sanitize</li> </ol> | <p><b>Donning (Putting On) Your Mask:</b></p> <ol style="list-style-type: none"> <li>1. Hand sanitize</li> <li>2. Open mask, unfolding pleats</li> <li>3. Pre-bend nose piece</li> <li>4. Place mask over face, covering your nose</li> <li>5. Tie at Head Crown- bring both ties to crown of your head and secure with a bow</li> <li>6. Tie bottom ties securely in a bow at the nape of the neck</li> <li>7. Form nose piece over bridge of nose</li> </ol> <p><b>Doffing (Taking Off) Your Mask:</b></p> <ol style="list-style-type: none"> <li>1. Untie bottom tie first</li> <li>2. Untie top tie and throw away</li> <li>3. Wash or hand sanitize</li> </ol> |

## Be Careful!

- The outside of the mask is considered contaminated with particles in the air that may have come to rest there. **Any time that you touch the outside of the mask you must handwash or hand sanitize.**
- When removing the mask, either throw it away per “Reuse and Extended Use of PPE” policy or place it on paper towel with the outside of mask down to prevent cross contamination.
- Do not move your mask or eye wear to your forehead, under your chin or anywhere else that they can contaminate another part of your body.
- It needs repeating: Any time that you touch the outside of the mask you must handwash or hand sanitize!
- **THROW MASK AWAY AT THE END OF THE DAY!**