

# Masking at Quinte Health Care hospitals

## Information for outpatients and care partners/visitors coming to Quinte Health Care (QHC) hospitals.

Asking healthy people to wear a mask can help to prevent the asymptomatic spread of COVID-19 to other patients and our health care providers. We are asking all people coming to our hospitals to bring and wear a mask.

### Where will I get a mask when I arrive at a QHC hospital?

All care partners/visitors and patients are now required to wear a medical-grade mask that will be supplied when you enter our hospitals. When you arrive at a screening station, you will be asked to remove any mask you might be wearing (including cloth masks) and to put on the mask provided by hospital screeners. You may wish to bring a bag to place your reusable mask in.

### What if I cannot wear a mask?

QHC strongly encourages all patients and visitors to wear a mask. If there is a reason why you are not able to wear a mask tell the entrance screening staff.

### Wearing the mask

- Leave your mask on at all times while inside the hospital.
- Care partners and visitors are not permitted to take off their mask to eat or drink.
- Always use clean hands when putting on or taking off your mask. Try not to touch it while it's on
- Your mask should always be covering both your nose and your mouth
- If your mask gets wet or dirty during your appointment, let your care team know

### Are patients who are admitted to the hospital (inpatients) also wearing masks?

Inpatients are asked to wear a mask when outside of their room and also as much as tolerated while in their room.

### How do I safely remove my mask?

It is important that you remove your mask carefully to reduce your risk of infection. First, wash your hands using soap and water or hand sanitizer. Grab your mask by the ear loops and pull away from your face. Do not touch your face or the outside of your mask. If you are removing a disposable mask, place it in the garbage bin. If you are removing a reusable/cloth mask, place in plastic bag to take home and wash. Wash your hands again.