

# Masking at Quinte Health Care hospitals

## Information for outpatients and 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 for appointments, or to visit, to bring a mask and wear it when in QHC hospitals.

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

Please bring a clean, dry mask from home. If you do not have one, we will provide you one at the entrance and will remind you to bring one next time. We suggest you bring a plastic bag with you to place your reusable mask in, in the event you have to temporarily remove your mask.

### 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, removing it only if you must eat or drink. If you do remove it to eat or drink, please keep 6ft away from others.
- 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?

At this time, only hospital employees, people coming during the day for an appointment or treatment (outpatients), and approved visitors, are required to wear a mask.

### 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.