

# The Safe Way to Handle Your Face Mask or Covering

## How to Properly Wear a Face Mask or Covering

- Use hand sanitizer or wash your hands with soap and water for at least 20 seconds.
- Only touch the outside part of a clean mask or cover (the part that will not touch your face).
- Fit your mask or cover to make sure that both your nose and mouth are protected, there are no gaps between your face and the mask, and the mask is comfortable. Medical masks have a nose clip that can be molded to the shape of your face.
- Secure your ear loops, ties, or bands.
- The CDC (Centers for Disease Control and Prevention) does not recommend putting a mask or cover on young children under age 2, anyone who has trouble breathing, or anyone who cannot take off a mask or cover without help.

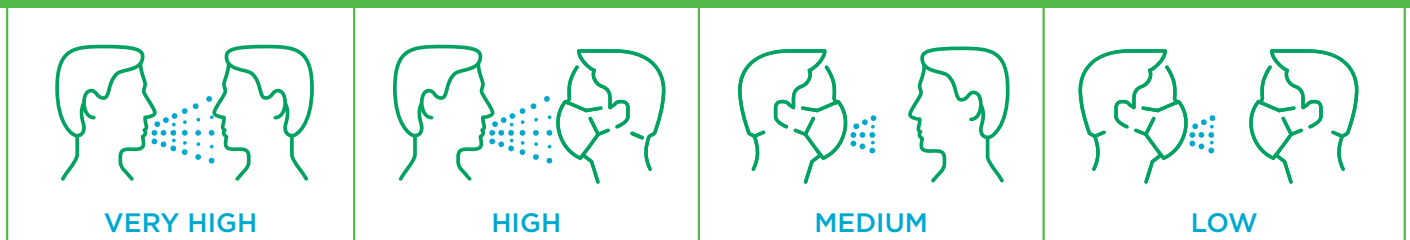
## How to Remove a Face Mask or Cover

- Use hand sanitizer or wash your hands with soap and water for at least 20 seconds.
- Take off your mask or cover by only touching ear loops, ties, or bands. Do not touch the front of your mask or cover.
- After use:
  - Discard your mask or launder your cover if it becomes damp or soiled.
  - Do not put used masks or covers in living areas, purses, or backpacks.
  - Use hand sanitizer or wash your hands with soap and water for at least 20 seconds.

## Keep These Guidelines in Mind

- Continue to practice safe distancing and other safety measures.
- Masks or covers are part of many tools to help keep you safe. Do not get a false sense of security while your face is covered.
- Do not touch any part of your face (mouth, nose, eyes) without first using hand sanitizer or washing your hands.
- Call your doctor if you have questions.
- If you do not have a doctor, call **1-877-THR-WELL (1-877-847-9355)**.
- For more information, visit the CDC website at [cdc.gov](https://www.cdc.gov).

### HOW WEARING MASKS HELPS LIMIT THE CHANCES OF SPREADING COVID-19.



# Protect Others While Visiting Your Loved Ones

We know that friends and family are an important part of the healing process. However, we are limiting the number of people in our facilities to protect patients and health care personnel.

## Visiting Policies

**For patients with disabilities or impairment**, one support person is allowed, regardless of patient's COVID-19 status, with no restrictions on visiting hours. Otherwise:

- **Behavioral Health:** No visitors.
- **COVID-19 Patients (Positive or Suspected Positive):** No visitors, except for special circumstances.\*
- **Emergency Department:** One visitor is allowed for patients who do not have COVID-19 or are not suspected of having COVID-19.
- **Hospital Inpatients:** One visitor at a time for patients who do not have COVID-19 or are not suspected of having COVID-19.
- **ICU:** One visitor for patients who do not have COVID-19 or are not suspected of having COVID-19. Check with the nurse manager for visiting hours.
- **Labor & Delivery/Postpartum:** A support person and/or doula may be allowed depending on the COVID-19 status of the mother, support person and/or doula.
- **Neonatal ICU (NICU):** Two parents/guardians may be allowed depending on their COVID-19 status.
- **Outpatient Services (Radiology, Lab, Pre-Admission Testing, etc.):** No visitors.
- **Outpatient Surgery/Procedure:** One visitor only.



## Visiting Guidelines

- Visitors must be 16 years or older.
- Masks must be worn at all times while inside the hospital or hospital campus buildings.
- Visitors are required to remain in the patient room at all times.
- All visitors are screened when they enter the facility. Those with COVID-19 symptoms or other risk factors will not be able to visit.
- Visitors will receive a wristband and face mask to wear while in the building.
- We ask that visitors wear the disposable mask we provide. Visitors may wear their own face mask as long as it doesn't have one-way valves or vents.
- Visitors are asked to remember and respect SAFE: Six (feet) Away From Everyone.
- Phone calls and video chats are another way to connect with your loved ones.
- Visit [TexasHealth.org/COVID-19](https://www.texashealth.org/covid-19) for the full visitor policy.

## Visiting Hours

- Hospital Inpatients: 7 a.m. to 7 p.m. Visitors arriving after 7 p.m. will not be able to enter.
- Emergency Department: No restriction on visiting hours.
- L&D/Postpartum: No restriction on visiting hours.
- ICU and NICU: Check with the nurse manager.



Source: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

\* Visitor exceptions may be considered for special situations, such as labor & delivery, disabilities or impairments, or end-of-life. Call the nursing unit for information.

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