

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.

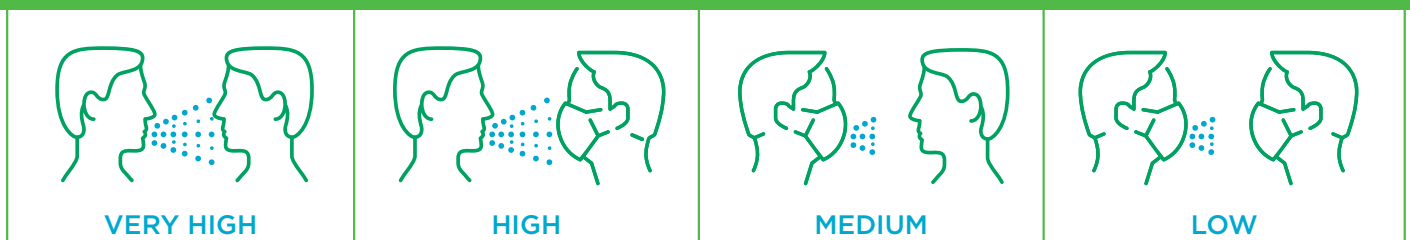
How to Remove a Face Mask or Cover

- 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

- Only one visitor for patients who do not have COVID-19.
- Masks must be worn at all times while inside the hospital or hospital campus buildings. Visitors who do not comply will be required to leave the building.
- Visitors are required to remain in the patient room at all times.
 - Visitors may leave the patient room only to purchase food in the café or vending areas; food must then be consumed within the patient room.
 - ICU visitors may be allowed to eat in the ICU waiting area if open and unless otherwise instructed.
- Visitors must be 16 years or older.
- No visitors allowed in Behavioral Health units at this time.
- No visitors allowed in Emergency Department except to support patients with impairment or mobility needs.
- One visitor for labor and delivery (L&D) and postpartum patients, plus one outside care provider (a doula, for example).
- Two parents or guardians for Neonatal ICU (NICU) patients.
- 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.
- Phone calls and video chats are another way to connect with your loved ones.
- Visitors are asked to remember and respect SAFE: Six (feet) Away From Everyone.



Visiting Hours

- Hospital inpatients — 11 a.m. to 6 p.m., effective July 9, 2020. Please arrive no later than 5:45 p.m.
- Positive/suspected positive COVID-19 patients — No visitors allowed. Call the nursing unit for information.
- 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)

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