

# Infection Prevention

## MASK TIPS

- 1 It does not matter which side of the mask touches your face, but always wear the mask the same way. (There should be a “clean” and a “dirty” side. The “clean” side should always touch your face).
- 2 Wear mask upon entrance to the facility and remove mask after leaving the facility.
- 3 Do not touch the mask while it is on your face.
- 4 Do not partially cover face with mask (mask should never be pulled down under chin or have nose uncovered).
- 5 Wash your hands often!



**Figure 1:**  
**The correct way to wear a face mask.**  
Facemask is shown secured over nose and mouth.

## HOW TO PROPERLY KEEP YOUR HANDS SANITIZED

- 1 Wash your hands frequently for 20-30 seconds, making sure to get under your nails.
- 2 Wash your hands when entering a patient’s room, before touching a patient and before you leave the patient’s room.
- 3 Wash your hands after going to the bathroom. Don’t touch the bathroom doorknob on the way out.
- 4 Wash your hands before eating, after blowing your nose, coughing and/or sneezing.
- 5 Wash your hands after removing your mask and before replacing your mask.
- 6 Avoid handshakes.



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