



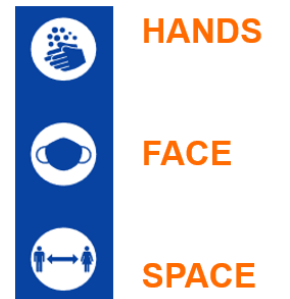
HEIGHTENED COVID-19 CONTROLS – EFFECTIVE SATURDAY 09 JANUARY 2021

**MASK: TWO CLEAN MASKS / DAY (change mask every 4 hours)**

- 1) **Masks/Face Coverings: use TWO CLEAN MASKS per day / change mask every 4 hours**
- 2) **Wash the mask at a hot temperature +60° and iron to kill germs – do not use a damp mask**

**FACE** – You must wear your mask in designated areas at all times, over your nose and mouth. Designated areas being: corridors and walkways, working in a shared environment; easy to maintain social distance but there may be a risk of an inadvertent breach due to more regular interactions and higher levels of objects being passed person-to-person

- 1) Masks are effective only when used in combination with frequent hand-cleaning with soap and water, hand sanitiser
- 2) Cover mouth and nose with mask
- 3) Avoid touching the mask while using it; if you do, clean your hands with soap and water or hand sanitiser
- 4) Do not remove the mask to talk to someone or to do other things, avoid touching the mask
- 5) To dispose of a mask, place in a general waste bin; clean hands with soap and water or hand sanitiser
- 6) Masks/Face Coverings: use TWO CLEAN MASKS per day / change mask every 4 hours
- 7) Wash the mask at a hot temperature +60° and iron to kill germs – do not use a damp mask
- 8) Disposal: cut the loops, ideally place into a paper bag, discard into a general waste bin with lid



**THANK YOU** TO ALL COLLEAGUES WHO FOLLOW THE RULES AND HELP TO KEEP US ALL SAFE