



Raedwald Children's Ward
Ipswich Hospital
Tel: 01473 702737 (8 am – 6 pm, Monday to Friday)
If your query is outside these hours, call 01473 702194
Children's Elective Care Unit
Colchester Hospital
Tel: 01206 744237



East Suffolk and
North Essex
NHS Foundation Trust

Wearing surgical face masks and face coverings during your visit to hospital

We are asking all parents, carers and children over the age of three who are attending our Children's Services departments to wear a face covering. This is in line with national government policy which came into force on 15 June 2020.

We would like to thank you for sticking to this guidance, and other infection control measures such as regular handwashing, during your visit. The use of surgical face masks or face coverings for both staff, patients and visitors is proven to reduce the transmission of Coronavirus (COVID-19) between one person and another.

Medical and nursing teams will often need to get close to you and your child depending on the examinations required during your child's visit. That is why it is so important everyone sticks to the guidance and wears a face mask or face covering.

We have produced a number of resources that may help increase your child's understanding during these unusual times.

You can access the following link on your device during your stay or we can provide this for you should you wish. It is a short and friendly video created by colleagues at our hospitals to explain to children why we are all dressed so differently at the moment.



<https://www.youtube.com/watch?v=ng91x0T5PwU>

You can also search 'ESNEFT child friendly' in YouTube and our video will appear.

We would encourage you to continue to stick to social distancing – remaining two metres apart during your visit. There is clear signage to help while you are in Children's Services.

Hand washing is essential for both you and your child during your stay with us. There are a large number of hand washing facilities within the Children's Unit.

The useful poster overleaf informs you how fluid resistant surgical masks should be worn while you are visiting our areas. Please ask a member of staff if you have any questions throughout your visit. If you are wearing your own face covering in the hospital, the same principles will apply.



HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 2 metres distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

EPI·WIN



Issued by:
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www.esneft.nhs.uk