

TO: All employees, physicians

FROM: Executive IPC Committee of the CISSS de la Côte-Nord

DATE: May 20th, 2020

SUBJECT: Proper use of the procedure mask

Since April 3rd, the Institut national de santé publique du Québec (INSPQ)¹ recommends the use of a mask for all health care workers providing care within two metres of a user.

We want to remind you of the best practices regarding the use of the procedure mask, since we noticed some gaps in facilities of the CISSS de la Côte-Nord. We noticed certain cases where the mask was not covering the nose, but only the mouth. Your own safety and the safety of users are essential, so we ask that you follow the recommended techniques for the use of the mask².

1. Wash your hands before putting on the mask.
2. Make sure the mask is adjusted properly **on your nose and under your chin**. The mask must absolutely cover **your mouth and nose** to ensure adequate protection.
 - a. **It is not safe** to let the mask rest on your chin or in your neck.
 - b. Avoid touching your mask. If you touch it, wash your hands.
3. Change your mask if it is wet, soiled or damaged.
4. To take off your mask, only use the elastic bands. Do not touch the front of the mask.
5. Throw away the mask in the garbage after use.
6. Wash your hands.

We can act together to reduce the spread of pathogens and, in particular, the virus that causes COVID-19.

Thank you in advance for your valuable collaboration.

Yours truly,

The Executive IPC Committee

¹ INSPQ. (2020). *Port du masque de procédure en milieux de soins lors d'une transmission communautaire soutenue*. Consulted at https://www.inspq.qc.ca/sites/default/files/publications/2968_port_masque_milieux_soins_transmission_communautaire_soutenue.pdf

² MSSS. (2020). *Comment mettre un masque ou un couvre-visage?*. Consulted at <https://www.youtube.com/watch?v=2y3RKBBrKK6c&feature=youtu.be>