



戴口罩

Wear a Face Mask

To limit the spread of the virus that causes COVID-19, we are asking all patients and visitors in the hospital to wear face masks anytime you are around other people. You will be given a face mask when you arrive. If you come in wearing a homemade mask, you will be asked to remove it and wear the mask we provide to you. If you are admitted to the hospital, you will also be given a paper bag to store your mask when you are not wearing it.

For your safety, we will not give you a mask to wear if you are having problems breathing or if you are not able to remove a mask without help.

Wearing the mask

- **Wash your hands well before putting the mask on and after taking it off.** Also wash your hands if you touch the mask to adjust it. Use soap and water or alcohol based hand sanitizer.
- Fit the elastic bands behind your ears, or tie the top ties at the middle of your head and the bottom ties around the back of your neck.
- Pinch the wire at the top of the mask edge around the top of your nose to make a snug fit.



为了控制COVID-19病毒的传播，请所有在医院的患者和来访者在与他人接触时，都要戴上口罩。抵达医院时，您将会得到一个口罩。如果来医院时您戴着自制口罩，我们会请您取下自己的口罩，戴上我们提供给您的口罩。如果您需要住院，我们会为您提供一个纸袋存放您的口罩。

出于您的安全考虑，如果您呼吸困难或需要帮助才能取下口罩，我们将不发放口罩。

戴口罩

- **戴口罩前和脱口罩后请洗净双手。**如果触摸口罩进行调节，也要洗手。使用肥皂和水或含酒精的洗手液。
- 将松紧带戴在耳朵后面，或将顶部的绑带绑在头中间，将底部的绑带绑在颈后。
- 捏住鼻子顶部周围口罩边缘顶部的金属丝，使其舒适贴合面部。



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- Pull the bottom of the mask down over your chin. Be sure the mask covers your nose and mouth.
- Try to avoid touching the mask to prevent spreading germs to or from the mask.



- 下拉口罩底部盖住下颚。确保口罩盖住您的鼻子和嘴。
- 尽量避免触摸口罩，防止细菌扩散到口罩或从口罩传播。

Wear the mask anytime you are in a room with other people, anytime someone comes into your room and anytime you leave your patient room. You can remove the mask if you are alone in your patient room. If you are sharing a room with another patient and the curtain is pulled across the room, you can remove your mask if no care providers are in the room.

任何与他人共处一室、其他人进入您病房或您离开病房时，您都应佩戴口罩。如果您独自一人在病房中，可以取下口罩。如果您与其他患者共用一个房间，且中间隔着跨越整个房间的帘子，没有护理人员在场的情况下您可以取下口罩。

Removing and storing your mask

You will be given a paper bag with your name on it to store your mask when you take it off.

- Wash your hands well.
- Remove the mask without touching the front of the mask.
 - Grab the elastic bands from behind your ears to remove the mask away from your face

OR

- Untie the bottom ties and then untie the top ties. Holding onto the top ties, remove the mask away from your face.
- Fold the mask with the inside facing out, long sides together, and place it in the paper bag. Fold the top of the bag over to close it. Wash your hands again.

When you need to put the mask back on, wash your hands. Open the bag and grab the elastic band or ties to remove the mask from the bag. Unfold the mask and put it on.

取下并存放口罩

我们将向您提供一个贴有您名字的纸袋，以便在您取下口罩时存放它。

- 认真洗手。
- 取下口罩，不要触摸口罩前部。
 - 抓住耳后的松紧带，将口罩从面部取下
- 或
- 解开底部的带子，然后解开顶部的带子。抓住上面的绑带，将口罩从面部取下。
- 把口罩折起来，里面朝外，长边放在一起，然后把它放在纸袋里。把袋子的顶部折起来合上。再次洗手。

当你需要戴回口罩时，请洗手。打开袋子，抓住松紧带或绑带，从袋子中取出口罩。展开口罩并戴上。