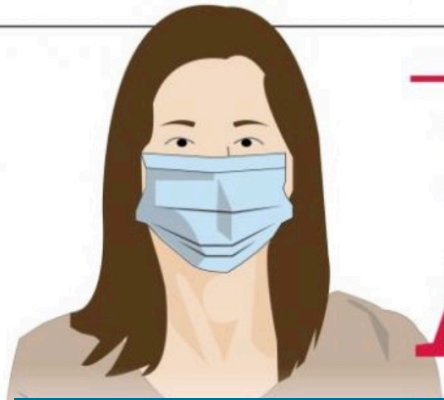


How to wear a Face-mask

Person's Name: _____

INSTRUCTIONS: How to wear a mask.

1. Wear it with the colored side facing out/white side facing in.
2. Ensure it covers the nose & mouth fully
3. Tie/loop the straps around your head or over the ear.
4. Use two fingers to press the concealed metal wire down to fit the shape of the nose.



HOW TO WEAR A MASK

1



Wear it with the **coloured side facing out**/white side facing in

2



Ensure it covers the nose & mouth **fully**

3



Tie/loop the straps around your head or over the ear

4



Use two fingers to **press the concealed metal wire down** to fit the shape of the nose

ASSESSMENT: Properly Put on a Face-mask

- | | | |
|--|------------------------------|-----------------------------|
| 1. Faced colored side of mask out, and white side facing in? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 2. Properly covered the nose and mouth? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 3. Properly places straps around head or ears? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 4. Uses fingers to press the concealed metal wire down to fit the shape of the nose? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

FACE-MASK TRY-ON: How does it make the person feel?

Some people have different experiences and needs, so although some can't tolerate a mask, others are just fine with it.

- Anxiety:** A mask doesn't block breathing, but it does change the feeling of one's airflow. For some people, this can feel like suffocation or choking.
- Sensory:** Some people can't bear the feeling of mask elastics pulling on their ears or on their face, and will try and pull it off.
- Visibility:** If the person wears glasses, masks may fog them up. There are fixes, such as tucking a tissue between the mask and the bridge of the nose.
- Smell:** Some people are extra sensitive to smell. Wearing a mask may amplify an unpleasant smell.
- Epilepsy:** Some people have seizure disorders. Not being able to see an epileptic person's face can be a safety risk if they have distinctive pre-seizure facial expressions.
- The person experiences one or more of the above symptoms, and is constantly touching and pulling at the mask.

- | | | |
|---|------------------------------|-----------------------------|
| Can the person put on a face-mask independently? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Is the person willing to wear a face-mask? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Would the person wear a mask with more training? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

"At RISK" COMMENTS and RECOMMENDATIONS:

Assessor's Name: _____ **Date:** _____

This Assessment is sent to the person's case manager and noted in the PCSP.