HOW TO USE FABRIC FACE COVERINGS

WHY SHOULD I WEAR A FACE COVERING?

Face coverings help protect others from COVID-19, particularly if you have it without knowing. Face coverings work by catching the small droplets that we spread when we talk, cough or sneeze, which might contain the virus. Your face covering helps protect the people around you and their face coverings help to protect you.

Remember if you have symptoms, you should stay at home, self-isolate and get a test.

WHAT KIND OF FACE COVERING SHOULD I USE?

- For schools, fabric face coverings are recommended, rather than medical masks
- A fabric face covering should cover your nose, mouth and chin and should fit without any gaps between it and your face
- It should be made of at least 2 layers of fabric. Ideally it should be made of 3 layers: an outer water-resistant layer, a middle filter layer and an inner water-absorbent layer

HOW SHOULD I WEAR MY FACE COVERING?

HOW TO PUT THE FACE COVERING ON

- First clean your hands with soap and water (for 40-60 seconds) or hand sanitiser (for 20-30 seconds)
- Check the face covering - do not wear it if it is wet, damaged or dirty
- Your face covering should cover your nose, mouth and chin

WHAT TO DO WHEN WEARING A FACE COVERING

- Do not touch the face covering while wearing it to avoid contamination
- If you do accidentally touch your face covering, clean your hands
- Do not wear your mask under your nose, around your neck or on your forehead

Remember a face covering does not mean that you do not need to socially distance or wash your hands!

HOW TO TAKE OFF YOUR FACE COVERING

- Clean your hands with soap and water or hand sanitiser before removing your face covering
- Remove the loops or ties from behind your ears without touching the front of the face covering
- If your face covering is clean and dry and you want to re-use it, store it in a clean plastic, resealable bag
- Wash your hands again after you take it off

RE-USING YOUR FACE COVERING & DISPOSING OF THEM

- Do not reuse your face covering if it is dirty, wet or damaged – use a different one
- Remove the bag by the straps when you take it out of its plastic bag
- Wash your face covering with soap or detergent after each day that you use it, preferably at a high temperature

- If you need to throw away used face coverings dispose of them in your 'black bag' waste bin at home, or a covered litter bin if you're outside or at school.
- Do not put them in a recycling bin as they cannot be recycled through conventional recycling facilities
- Take them home with you if there is no litter bin - do not drop them as litter
- You do not need to: put them in an extra bag or store them for a time before throwing them away