

**Face coverings – when to wear one & how to make you own (full guidance available [here](#)).**

### **1. What is a face covering?**

- Something which safely covers the nose and mouth - reusable or single-use.
- Can use scarf, bandana, religious garment or hand-made cloth covering.
- Not classified as [PPE \(personal protective equipment\)](#).

### **2. The reason for using face coverings**

- May reduce the spread of coronavirus droplets in certain circumstances.
- Not a replacement for social distancing/regular hand washing.

### **3. How to wear a face covering**

A face covering should:

- Cover your nose and mouth while allowing you to breathe comfortably.
- Fit comfortably but securely against the side of the face.
- Be secured to the head with ties or ear loops
- Be made of a comfortable/breathable material e.g. cotton.
- Include at least two layers of fabric.
- Be washable (unless disposable).

When wearing a face covering you should:

- Thoroughly wash/sanitise hands before putting on.
- Avoid wearing on neck or forehead.
- Avoid touching the part in contact with your mouth and nose.
- Change if it becomes damp or if you've touched it.

When removing a face covering:

- Thoroughly wash/sanitise hands.
- Only handle straps, ties or clips.
- Don't share with someone else to use.
- If single-use, dispose of it carefully in a residual waste bin and don't recycle.
- If reusable, wash it in line with manufacturer's instructions.
- Thoroughly wash/sanitise hands once removed.

### **4. When to wear a face covering**

- Public Transport (mandatory).
- Shops and Supermarkets as of 24 July 2020 (mandatory).
- Other enclosed public spaces where social distancing difficult (advisory).

### **5. Exemptions to wearing a face covering where they are mandated**

- Young children under the age of 11
- Physical/mental illness, impairment, or disability.
- If causes you severe distress.
- If assisting someone relying on lip reading to communicate.
- To avoid harm/injury, or risk of harm/injury, to yourself or others.
- If you must eat/drink.
- If you need to take medication.
- If police officer/other official requests you remove your face covering.
- Age identification.

## **6. Face coverings at work**

- No universal face coverings guidance for workplaces.
- Employers must make sure risk assessments address COVID-19 risks.
- If employees choose face covering, normal policies re PPE/occupational workwear apply.

## **7. Making your own face covering**

- [Make your own face covering.](#)

## **8. Maintaining/disposing of face coverings**

- Store reusable face coverings in a plastic bag until washed.
- Clean any surfaces the face covering has touched.
- If eating in a restaurant, don't place the face covering on the table.
- Wash regularly.
- Throw away if damaged.