

## How to use face coverings



Safe wearing of face coverings requires cleaning of hands before and after touching – including to remove or put them on – and the safe storage of them in individual, sealable plastic bags/containers between uses.

### 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 material that you find comfortable and breathable, such as cotton
- ideally include at least two layers of fabric (the World Health Organisation recommends three depending on the fabric used)
- unless disposable, be able to be washed with other items of laundry in line with manufacturer's instructions, at the highest temperature appropriate for the fabric and dried without causing the face covering to be damaged.

### When wearing a face covering you should:

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting on/ after taking off a face covering
- avoid wearing on your neck or forehead
- avoid touching the part of the face covering in contact with your mouth and nose, as it could be contaminated with the virus
- change the face covering and wash your hands on arrival at school, after taking it off to eat and before you leave school (anyone using a face covering will need a supply of at least four for the school day)
- change the face covering if it becomes damp or if you've touched it
- avoid taking it off and putting it back on a lot in quick succession (for example, when leaving and entering shops on a high street)

### When removing a face covering:

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before removing
- only touch the straps, ties or clips
- do not give it to someone else to use
- if single-use, throw it away carefully in a waste bin with a lid and do not recycle
- if reusable, store it safely and separately from your clean ones, in a closed container/bag until it can be washed
- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser once removed