



What, how , why and when to wear a face covering

What is a Face Covering?



- A **cloth** that **covers** your **mouth** and **nose**.
- It must **allow** you to **breath**.
- It should be **comfortable** to **wear**



- You can use a **scarf** to **cover** your **mouth** and **nose**.
- You can **make** a **face covering** from an old t-shirt or sock .
- You **do not need** to **sew** to make one.



How to wear a face covering?



- **Wash** your **hands** or use **hand sanitiser** before you **put** it **on**.
- **Do not touch** the **part** of the **covering** that **covers** your **mouth** and **nose**.



- **Wash** your **hands** or use **hand sanitiser** when you **take** it **off**.



- When you **take** your **face covering off** put it in a **plastic bag**.



- **Wash** your **face covering** when you **get home**.
- You can wash it **with** your **clothes** or **bedding**.



- You need to **wash it regularly** so it would be **good to have more than 1**.



- **Wash** your **hands again** **after** you **wash** your **face covering**.



When should you wear a face covering?



- **You have** to **wear** a **face covering** when on **public transport**.



- **You have** to **wear** a **face covering** in **shops**.



If you **need** to go **into** a **hospital** or to the **doctors surgery** you will need to **wear** a **face covering**.



When do you **not need** to wear a **face covering**?



When you are **eating** or **drinking** in a **café** or **pub**.



If you are **with someone** who **needs** to **read your lips**.



If you find **wearing a face covering difficult** or are **worried about it**, talk to **your family, carer or Doctor**.