



The best way to stop the spread is to keep a safe distance, and wash your hands.



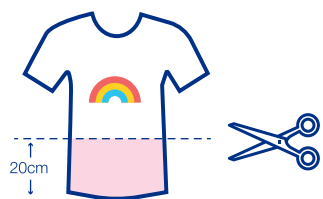
face coverings: the science

- Wearing a face covering may protect others from you if you have the virus but don't have symptoms yet
- You must still keep 2 metres away from anyone that you don't live with
- If your work means you need to get closer than 2 metres to others, talk to your employer about protective equipment

make your own T-SHIRT FACE COVERING

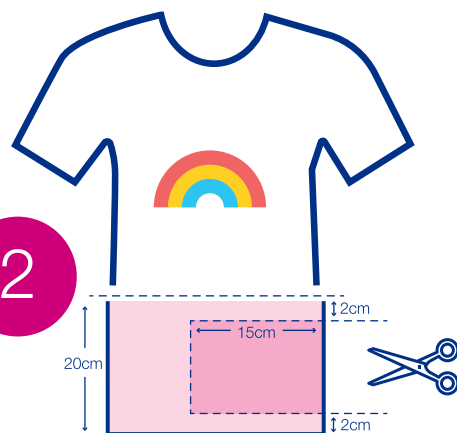
A cloth face covering should cover your mouth and nose while allowing you to breathe comfortably. It can be as simple as a scarf or bandana that ties behind the head. You can make face coverings at home from an old t-shirt!

1



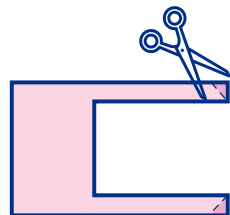
Cut through both sides of the shirt across the whole width.

2



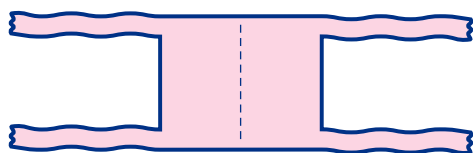
Now cut out another rectangle shape, again, cutting through both sides of the shirt.

3



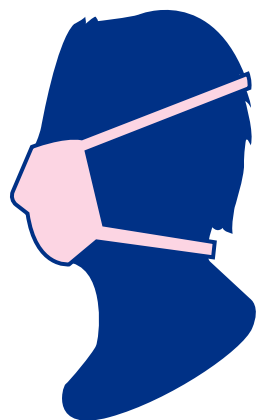
Your fabric should now be this shape. Cut the ends of the fabric to create tie strings.

4



Open out your material - it should now look like this.

5



Tie your face covering securely over your mouth and nose.

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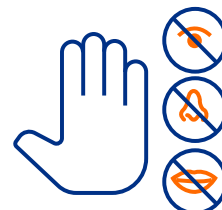
WEARING YOUR FACE COVERING

Face coverings are not the same as face masks. The latest Government advice is to consider wearing one in enclosed public spaces (and in some instances, such as in doctor's surgeries, they may insist on you doing so). When wearing one you must make sure you do so safely.



1

Wash your hands or use hand sanitiser before putting it on and after taking it off and after use.



2

Avoid touching your eyes, nose, or mouth at all times.



3

When removing, do not touch the front of the face covering, or the part of the face covering that has been in contact with your mouth and nose.



4

Once removed, make sure you clean any surfaces the face covering has touched.

WASHING YOUR FACE COVERING



1

Wash after every use. It can go in with other laundry, using your normal detergent.

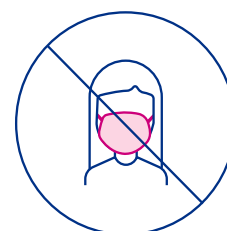


2

Store used face coverings in a plastic bag until you have an opportunity to wash them.

When to wear a face covering

Enclosed spaces where you might come into contact with other people, such as public transport or some shops.



Who shouldn't use a face covering

Face coverings should not be used by children under the age of 2 or those who may find it difficult to manage them correctly. For example, primary age children unassisted, or those with respiratory conditions.

Stay
Safe Be
Kind