



Keeping everyone safe:  
**Wearing a Face Covering**



Coronavirus is a type of virus  
that can make people very  
unwell.



To stop more people getting ill  
we have had to make changes  
to how we live.



One of the changes is  
wearing face coverings.



## What is a face covering?



A face covering must fully cover your **nose** and **mouth**.



You can buy them from the shops or you can make them at home from an old t-shirt, or a scarf.



Some face coverings can be washed and used again.



Some can only be used once and must be thrown away.



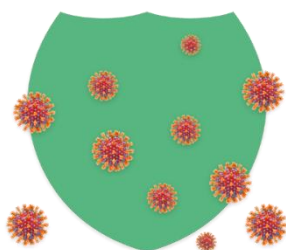
Coronavirus can spread in the air from person to person in coughs, sneezes and our breath.



Some people can have coronavirus but not feel unwell themselves.



But they could still give the virus to other people.



Face coverings can help stop the virus from spreading.



## How to wear a face covering:



Wash or use hand sanitiser on  
your hands before putting on  
the face covering



Try to only touch the straps of  
the face covering.



Do not touch the bit that will be  
going over your face.



Make sure your face covering  
covers your nose and mouth.





When you take your face covering off try to use the straps and not touch the front.



If you can only use your face covering once, throw it away .



Make sure you wash your hands or use hand sanitiser again.



If you can use your face covering more than once, wash it with your clothes in the washing machine before you use it again.



Make sure you have more than 1 face covering so you always have a clean one to put on.



## What does wearing a face covering feel like?



It should always be easy to breathe when you are wearing a face covering.



If you find it hard to breathe, take off the face covering and tell someone.



It can feel strange at first to cover your nose and mouth.



It can make you feel warmer than usual.



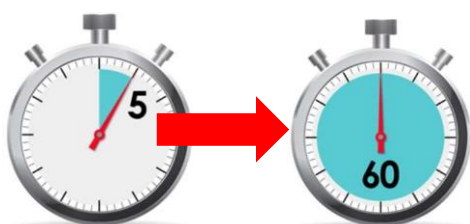
Sometimes it can make your glasses go a bit cloudy.



It might smell different.



It is hard but try not to touch the face covering when you are wearing it.



At first, wearing a face covering for a long time might feel difficult.



You may find it helpful to practice wearing it at home before you go out for the first time.



**Will wearing a face covering  
stop me from getting  
coronavirus?**



No, face coverings can only help  
to stop you from spreading the  
virus



But they do not stop you from  
catching it.



You wear a face covering to keep  
the people around you safer.

Other people wear a face  
covering to keep you safer.





## What is the law about face coverings?



England, Wales and Northern Ireland all have different laws about face coverings.



The face covering section on [this page of the Mencap website](#) has information about the law in each country.

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