



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.



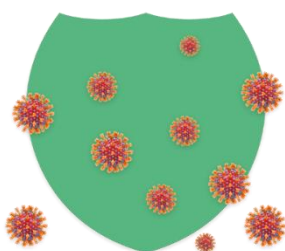
Coronavirus can spread in the air from person to person in coughs, sneezes and our breath.



Some people who have coronavirus do not know they have coronavirus.



They can give coronavirus to other people.



Face coverings can help stop coronavirus from spreading.



They can also help to stop other viruses from spreading, like colds and the flu.



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 help to stop
you from spreading the virus.



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.