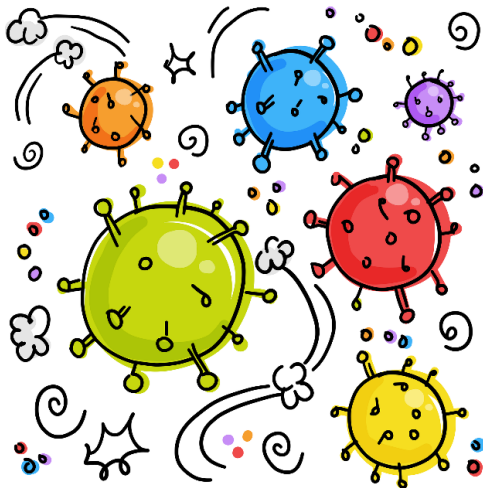


Wearing a face covering



This is a guide for wearing a face covering.



We are asked to wear a mask because of Coronavirus. This is a virus that can make people unwell.



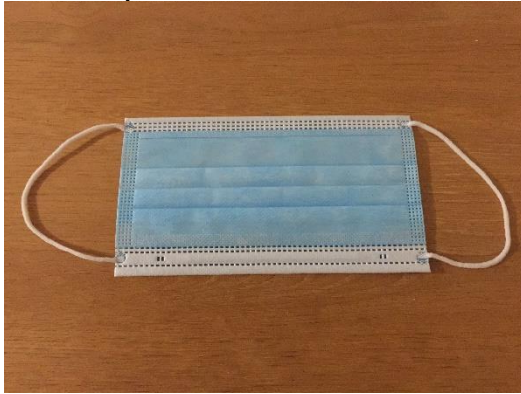
To make sure people do not get it, we have to make changes to how we live. One of the changes we have to make is wearing a face covering.

Re-useable mask

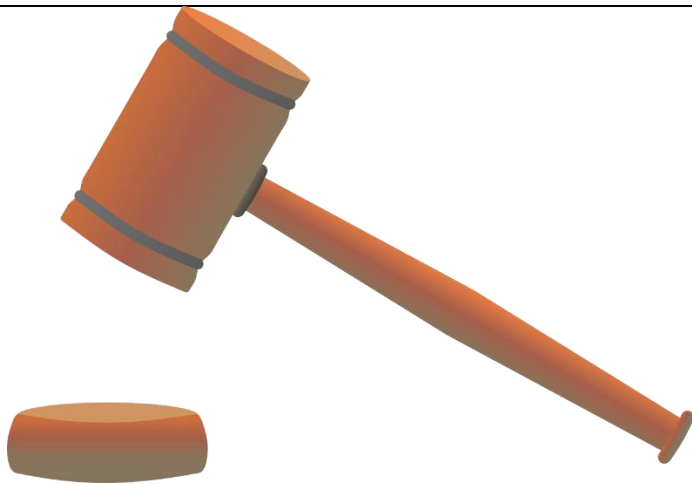


A face covering must cover your nose and mouth. You can buy one at a shop or you can make one at home.

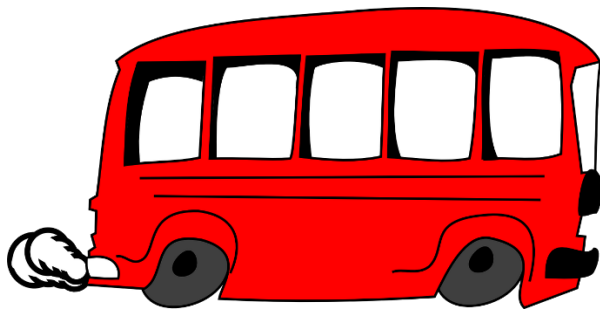
Disposable mask



We need to wear these as Coronavirus can spread in the air by coughs, sneezes and breathing.



It is now the law to wear a face covering in places where you come in to contact with people you do not usually meet from 8th August.



Examples of places are:

- Public transport
- Hospitals
- Shops
- Supermarkets
- Cinemas
- Theatres
- Community centres
- Social clubs

I am exempt from wearing a face covering.


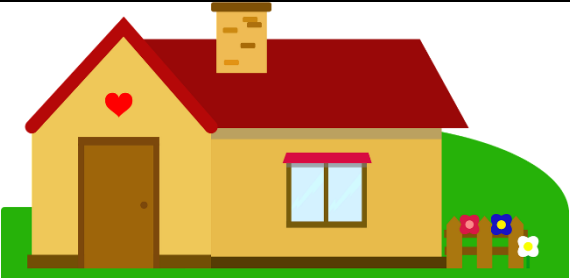
Be kind.
Keep your distance.
Thank you for understanding.

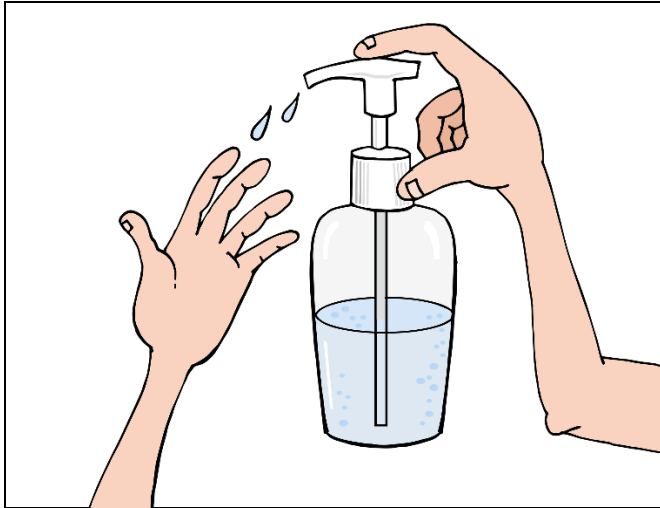


If it is very difficult for you to wear a face covering, the law says you don't have to.

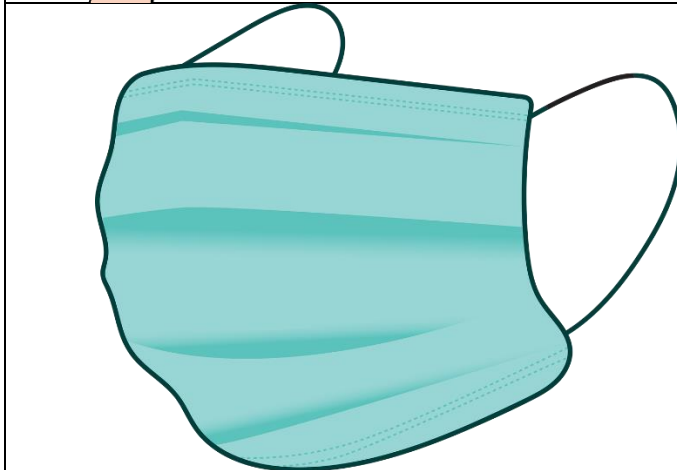
Reasons why you may not be able to wear a face mask:

- Your disability stops you putting it on or off

	<ul style="list-style-type: none">• If you have breathing problems• If wearing a face covering makes you worried or upset
	<p>You may feel more comfortable wearing a face shield.</p>
	<p>You do not need to wear a face covering at home or outside.</p>



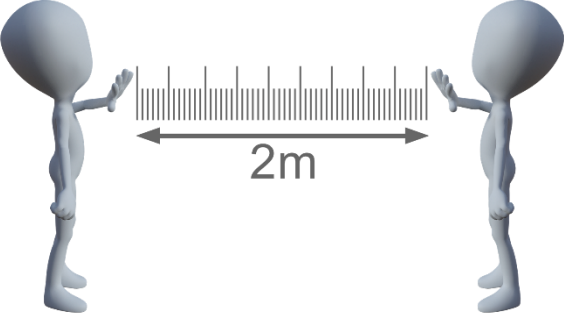
Before you put on your face covering, make sure you wash your hands or use hand sanitiser.



When you put it on, try not to touch the bit that is going over your face.



When you remove it, remember to wash your hands.

 A diagram illustrating social distancing. Two stylized human figures are shown standing apart. A horizontal ruler is placed between them, with a double-headed arrow below it indicating a distance of 2 meters.	<p>Even though you wear a face covering, you will still need to keep washing your hands and social distancing.</p>
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