

# WEARING A FACE COVERING

**In England, you must by law wear a face covering on public transport and in shops and supermarkets as of 24 July 2020. Measures can be taken if people do not comply with this law. You will also be required to wear them if you are attending or visiting hospital. You are also strongly encouraged to wear a face covering in other enclosed public spaces where social distancing may be difficult and where you come into contact with people you do not normally meet.**

The use of face coverings in the community should be considered only as a complementary measure and not as a replacement for other preventive measures, such as social distancing, strict hand hygiene and avoiding touching the face, nose, eyes and mouth.

The face coverings provided are not suitable for children or those who may find it difficult to manage them correctly.

- You should wash the face covering before using it. It can go in with other laundry, using your normal detergent. You need to wash it at a minimum of 60 degrees and for 30 minutes.
- Wash your hands or use hand sanitiser before putting it on and after taking it off and after use.
- To ensure as good a seal as possible you should ensure your hair is away from your face and that any facial hair is kept to a minimum.
- Place the covering on the face.
- Pass the elastic around the ears or head as appropriate.
- Pull down the bottom of the covering so it is under the chin.
- Pull up the top of the covering so it covers the nose.
- If necessary, take care to tuck away any loose ends.
- The face covering should fully cover the mouth and nose while allowing you to breathe comfortably.
- Once adjusted you should avoid touching the covering and if you do you should wash or sanitise your hands.
- If the face covering becomes wet or dirty it should be removed and washed.
- The covering may be used several times within a single **four** hour period assuming it is removed according to the instructions and stored appropriately.
- No face covering should be used for more than **four** hours over a single day.
- To remove the face covering you should wash or sanitise your hands and remove the covering by holding the elastic, avoiding touching the front of the face covering or the part of the face covering that has been in contact with your mouth and nose.
- Avoid touching your eyes, nose, or mouth at all times and store used face coverings in a plastic bag until you have an opportunity to wash them.
- Once removed, make sure you clean any surfaces the face covering has touched and finally wash or sanitise your hands again.
- Your face covering should be washed between each use at 60 degrees and then dried.
- Following each wash you must ensure the covering remains in good condition.

This guidance has been adapted from – [gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering](https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering). **Please ensure you check regularly for updates. The best efforts have been taken to ensure everything we have published is correct as of 21 July 2020.**

These face coverings have been provided for free, by volunteers in Barnsley. However if you do wish to make a small donation please visit [justgiving.com/fundraising/claire-dawson27](https://www.justgiving.com/fundraising/claire-dawson27), where contributions are being donated to Barnsley Hospital Charity.