

COVID-19 - HOW TO SAFELY WEAR AND TAKE OFF A NON-MEDICAL FABRIC MASK

It is vital that face coverings are worn correctly. Masks are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing.

WEAR YOUR MASK CORRECTLY

- Wash your hands before putting on your mask.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.
- Change the mask if it becomes damp.

WEAR A MASK TO PROTECT OTHERS

- Wear a mask that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms.
- Wear a mask in public settings when around people who don't live in your household, especially when it may be difficult for you to maintain social distancing.
- Wear a mask correctly for maximum protection.
- **Do not** put the mask around your neck or up on your forehead.
- **Do not** touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect.

FOLLOW EVERYDAY HEALTH HABBITTS

- Stay at least 2 meters away from others.
- Avoid contact with people who are sick.
- Wash your hands often, with soap and water, for at least 20 seconds each time.
- Use hand sanitiser if soap and water are not available.

TAKE OFF YOUR MASK CAREFULLY

- Untie the strings behind your head or stretch the ear loops.
- **Do not** give it to someone else to use.
- Handle only by the ear loops or ties.
- Fold outside corners together.
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.
- If single use, dispose of it carefully in normal/general bin waste. Do not recycle.

Should you have any queries regarding the use of facemasks please contact Rebecca Meacham, Safeguarding & Compliance Officer via emailing rebecca.meacham@dudleycol.ac.uk.