



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.



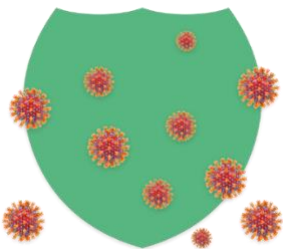
Some face coverings can be washed and used again.



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.



Face coverings can help stop the virus from spreading.



Some people can have coronavirus but not feel unwell themselves.



But they could still give the virus to other people.



So it is important for everyone to wear a face covering, even when they do not feel unwell.



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.



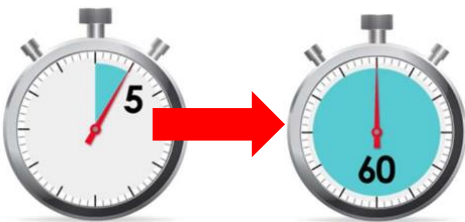
Sometimes it can make your glasses go a bit cloudy.



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.

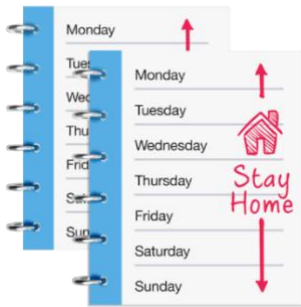


You wear a face covering to keep the people around you safer.

Other people wear a face covering to keep you safer.



We must all still follow the advice about washing our hands, keeping clean and socially distancing.



If you, or someone you live with may have coronavirus, you must still stay at home.



What is the law about face coverings?



Guernsey rules say you must wear a face covering inside public spaces, likes shops, community centers, or other businesses.

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