

Facemasks

The government advises us to wear facemasks in indoor public spaces such as shops and public transport where social distancing may not be possible and you will come into contact with people you do not usually meet.

Why wear this type of mask?

Facemasks do not protect you but help protect people you meet if you are infected.

You can be infected and show no symptoms so encourage others to wear facemasks too.



How to take off the home-made mask.

The aim is to prevent the inside of the mask touching your skin.

Step 1 – Have a plastic bag ready to put the mask in after taking it off and put on plastic gloves

Step 2 – With finger and thumb, pinch the front of the mask and pull away from the face and pull back over the head.

Step 3 – Put the mask in bag to be washed.

Step 4 – Remove gloves – wash your hands or use hand gel.

Note If you are wearing a T-shirt, you need to wash your arms as well.

How to wash the homemade mask: put it washing machine on high temperature for 60 mins using biological powder.

If there is no washing machine boil mask for 40 mins, adding biological powder or soap.

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