Coronavirus: How to wear a mask

How do masks work?

Masks **help reduce** droplets containing the virus released when you **breathe, speak** or **cough**

...and may also lower the chance of droplets entering through your mouth and nose, **if worn correctly**

Best types of mask...

Of homemade masks, **100% cotton masks** block the most viral particles*

Wool/knitted masks **do not work** as gaps are too large

Surgical masks provide greater protection, but **our NHS and care home staff need these**

How to wear a mask correctly

wash hands → **place clean mask over mouth and nose** → **do not remove:** -to talk to people -to cough/sneeze → **do not touch the mask** until you are ready to remove it at home

To remove your mask...

wash hands → **remove by the straps** → **bin or wash at above 60ºc** → **wash hands**

Remember...

Follow

Public Health England   World Health Organization

guidelines at all times

You still need to keep 2m apart

If you wear gloves don't touch your face or mask wash your hands **before and after** removal and **before** removing your mask

More info on our COVID-19 research updates website

* according to research studies comparing various homemade material masks