

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

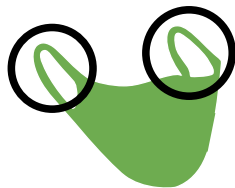


do not touch the mask
until you are ready to remove it at home

To remove your mask...



wash hands



remove by the straps



bin or wash at above 60°C



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