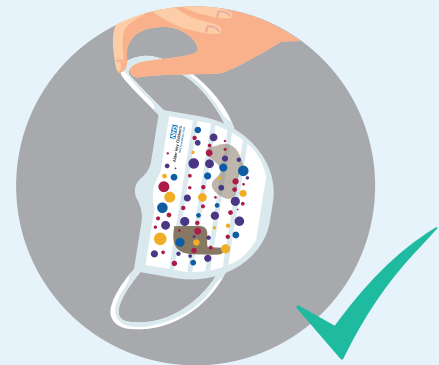# How to Wear a Cloth Face Covering

Cloth face coverings are ONLY effective when used alongside other infection safety measures.

Do

Wash your hands before and after putting on your cloth face cover.

Inspect your face cover to make sure it is intact and free of any dirt.

Adjust the face cover to your face without leaving gaps on the sides.

Handle your cover only by the ear loops. Stretch the ear loops to remove your cover.

If your face cover is clean you should fold it in half with the inner surface facing out and temporarily place it in a container.

Wash in a washing machine using normal detergent and with your regular laundry. Wash at the highest appropriate setting.

Don't

Do not use a face cover that is damaged or dirty.

Do not use a face cover that is loose and does not fit without any gaps.

Try not to touch your cover. If you need to readjust it, wash your hands before and after touching it.

Do not wear a face mask underneath your nose.

Only remove your face covering if you are 2 meters away from someone else.

Do not use a face cover that is difficult to breathe in.

Do not share your face cover with anyone else.

For more ways to stay safe go to gov.uk/coronavirus

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