


	<h2 style="text-align: center;">Face Coverings and Masks</h2>
	<p>What are they?</p> <p>Why do we need them?</p> <p>Where can I get one?</p> <p>We've made this guide to help you understand the new rules about face coverings.</p>
	<p>From July 24th we all need to wear a face covering in shops.</p> <p>For example, in supermarkets, clothes shops and charity shops.</p> <p>We need to wear a face covering to enter and look around ALL shops.</p>
	<p>When do I have to wear a face covering?</p>
	<p>The law now says we have to wear one:</p> <ul style="list-style-type: none"> - on public transport, for example a bus or a train; - if we go into a hospital to visit someone; - if we go to hospital for an appointment to see a doctor, nurse, or other health worker.



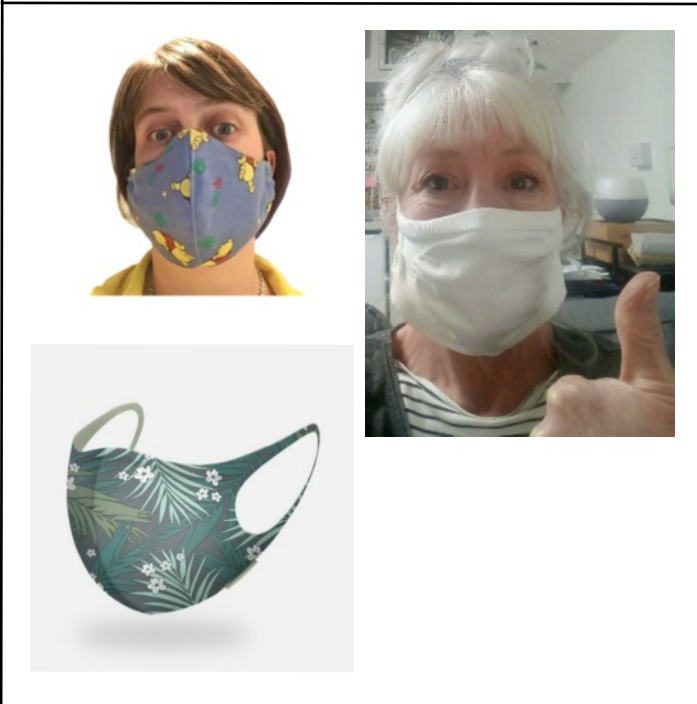
What kind of face masks are there?

Disposable:

Disposable means throwing something away after you have used it.

For example the blue masks doctors and nurses wear are disposable.

You can buy this type of mask if you want to, but they are quite expensive.



Reusable:

Reusable means they can be worn many times.

You can buy a reusable face mask or make your own.

The government recommend we use reusable face masks so that the disposable masks are available for the NHS workers who need them.

Reusable masks are also much cheaper.



What kind of Reusable Masks are there?



-You can make your own if you feel 'crafty'!

There are lots of guides on how to make your own on the internet.



- You can use a scarf to cover your face.

- You can use a cycling mask which is also called an anti pollution mask.

- You can buy a re-useable mask.

You can buy masks online or in a shop such as a supermarket or a chemist.



How do I keep it clean?

Reusable face coverings need to be washed after you have worn them.

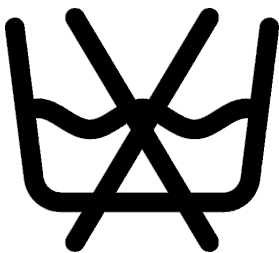
The best way to do this is to wash them in a washing machine at 60 degrees.

They don't have to be washed separately, you can put them in with your other washing.



If you don't have a washing machine, you can wash your face covering in hot water with some washing powder.

You should scrub your face covering for 5 minutes then rinse it in cold water and leave it to dry for the next day.



What if I forget to clean it?

Face masks gather germs which can make you ill or give you spots around your chin.

You could think about a way of reminding yourself to wash your face covering - for example after you have had your tea each night.



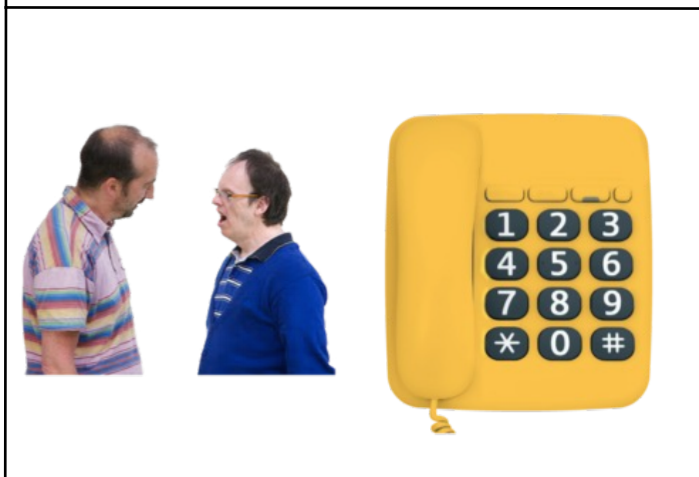
How do I store my face mask?

It's best to keep your mask in a small clean bag.

This keeps it clean until you need it, and also contains the germs once it's been used.



If you need a mask or face covering and you're not sure how to find one, you can ask for help.



You could talk to:

- Your doctor
- A member of your family
- Your PA
- Or someone else you trust.

Who would YOU ask?



Does everyone have to wear a mask?

No.

The Government says "you do not need to wear a face covering if you have a legitimate reason not to."

"Legitimate" means a reason that the Government says is acceptable.



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 RULES	Update on Wearing Face Coverings on Public Transport
 RULES	The Government have asked us to wear face coverings on public transport to help us all travel safely.
 RULES	Public transport includes buses and trains. Buses are not public transport, but some buses may ask you to wear a face covering.
 RULES	The Government have said some people have a "reasonable excuse" not to follow the face covering rule. This is called an exemption to the rules.
 RULES	Exemptions to the rules include: - You have a disability that means: - You cannot put a face covering on. - You cannot wear or remove a face covering.

You don't have to wear a face mask or covering if:

- You are not able to put on, wear or remove a face covering because of a physical disability or mental illness.

- We've explained this properly in our **Easy Read guide to Face Covering Exemptions**. You can find it on our Cornwall People First facebook page.



What else do I need to do to stay safe?

- You need to follow **social distancing rules**.

- This is now **1 metre plus**.

- See our **July 4th Lockdown Easy Read guide** to explain this properly.



Wash your hands regularly.

Remember to wash your hands:

- When you come in from outside
- Before you touch food
- Before you eat a meal
- After you have been to the toilet
- And at regular times throughout the day.



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Each time you wash your hands you should **wash them for 20 seconds.**

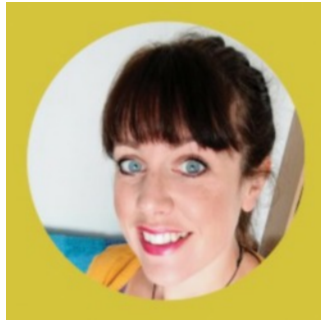
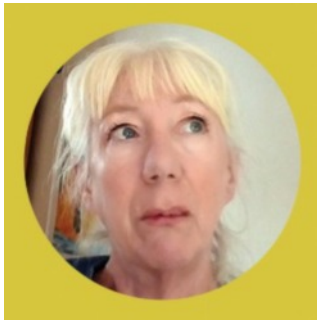
That is about the same as singing Happy Birthday twice over!



If you feel confused by any of this then you could talk to someone about it.

You could talk to:

- Your doctor
- A member of your family
- Your PA
- Or someone else you trust.



Stay safe and see you soon,
Team CPF

(This guide has been designed using resources created by Vectorium, flaticon - www.freepik.com and Photosymbols.)