**The Government guidance for the safe use of a face mask is as follows:**

**How to wear a face covering**

**A face covering should:**

* cover your nose and mouth while allowing you to breathe comfortably
* fit comfortably but securely against the side of the face
* be secured to the head with ties or ear loops
* be made of a material that you find to be comfortable and breathable, such as cotton
* ideally include at least two layers of fabric (the World Health Organisation recommends three depending on the fabric used)
* unless disposable, it should be able to be washed with other items of laundry according to fabric washing instructions and dried without causing the face covering to be damaged
* When wearing a face covering you should:
* wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on
* avoid wearing on your neck or forehead
* avoid touching the part of the face covering in contact with your mouth and nose, as it could be contaminated with the virus
* change the face covering if it becomes damp or if you’ve touched it
* avoid taking it off and putting it back on a lot in quick succession (for example, when leaving and entering shops on a high street)

**When removing a face covering:**

* wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before removing
* only handle the straps, ties or clips
* do not give it to someone else to use
* if single-use, dispose of it carefully in a residual waste bin and do not recycle
* if reusable, wash it in line with manufacturer’s instructions at the highest temperature appropriate for the fabric
* wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser once removed