



BEDFORD BOROUGH COUNCIL

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INVESTOR IN PEOPLE

Chief Executive: P. J. Simpkins

Appendix 1

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:

- first wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser
- 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 for the fabric
- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser once removed

Can pupils, staff and visitors wear face shields or visors instead of face coverings?

No. Face shields or visors should only be worn in addition to face coverings. They are not a suitable replacement. This guidance is based on there being no evidence that face shields/ visors are effective in preventing transmission from the wearer to others. They do provide some protection for the wearer against large droplet exposure but are unlikely to provide any protection for the wearer against small aerosols.

Below are three videos demonstrating how to wear a face covering safely:

From the World Health Organisation
From the BBC
From the Irish Government

https://youtu.be/9Tv2BVN_WTk
<https://youtu.be/NMSqc9SpbJc>
<https://youtu.be/OBR0udolaiY>

Note: There is separate guidance on the use of [face coverings on school transport](#)

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