

www.gov.uk/guidance/coronavirus-covid-19-disposing-of-waste

How to dispose of waste, including face coverings, personal protective equipment (PPE) and rapid lateral flow tests.

www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own

Face coverings: when to wear one, exemptions, and how to make one:

More information

If you can, transparent face coverings may be worn by those who communicate through lip-reading or facial expressions. In order to be most effective, a face covering should fit securely around the face to cover the nose and mouth and be made of a breathable material capable of filtering airborne particles.

Face Masks Myths and Facts

More information:

www.gateshead.gov.uk/communitychampions

One You Gateshead:

www.facebook.com/OneYouGateshead

www.twitter.com/OneYouGateshead

Gateshead Council

www.gateshead.gov.uk/Coronavirus

Beat Covid North East:

www.beatcovidne.co.uk

NHS

www.nhs.uk/

GOV UK

www.gov.uk/coronavirus

I rely on/ provide assistance to someone who lip reads. Do I need to wear a mask?

COVID-19 spreads from person to person through:

- small droplets
- clouds of tiny airborne particles known as aerosols
- direct contact

Droplets can be picked up from the surfaces they land on if you touch that surface and then your face without washing your hands first. This is why regular hand hygiene and covering coughs and sneezes is so important in controlling the spread of the virus.

The best available scientific evidence is that, when used correctly, wearing a face covering may reduce the spread of coronavirus droplets, helping to protect everyone.

Can I wear a face visor/ shield instead?

Face visors, shields and transparent face coverings A face visor or shield may be worn in addition to a face covering but not instead of one. This is because face visors or shields do not adequately cover the nose and mouth, and do not filter airborne particles.

What is a face covering?

Something which safely covers the nose and mouth.

What type of face coverings are available?

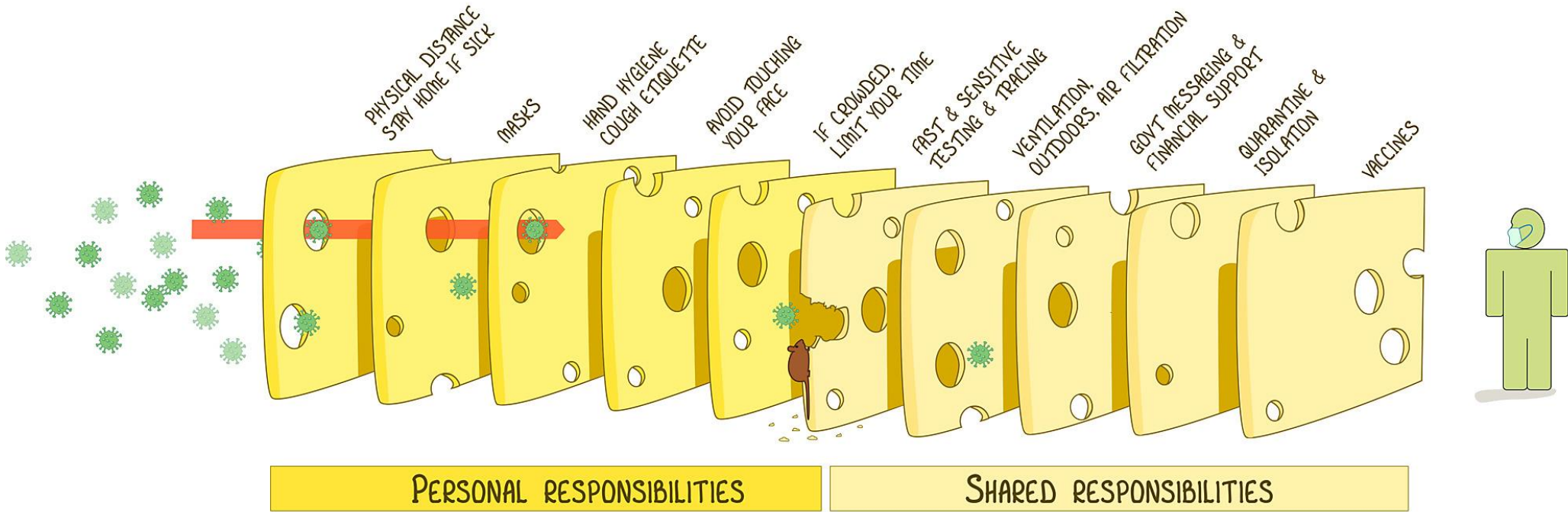
There are many types of face coverings available. Cloth face coverings and disposable face coverings work best if they are made with multiple layers (at least 2) and form a good fit around the nose and mouth. Face coverings should be made of a material that you find comfortable and breathable, such as cotton. Bandanas or religious garments may be used but are likely to be less effective if they do not fit securely around the face.

How do face coverings work?

Face coverings protect the wearer and others against the spread of infection because they cover the nose and mouth, which are the main confirmed sources of transmission of virus that causes coronavirus infection (COVID-19).

The Swiss Cheese Respiratory Virus Pandemic Defence

Recognising that no single intervention is perfect at preventing spread



EACH INTERVENTION (LAYER) HAS IMPERFECTIONS (HOLES).
MULTIPLE LAYERS IMPROVE SUCCESS.

Ian M Mackay Virology.com with thanks to Jody Lanard, Kathrine Arden & the Uni of QLD
Based on the Swiss Cheese Model of Accident Causation, By James T Reason, 1990