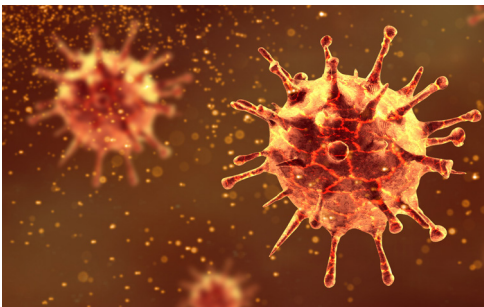# Coronavirus
Why are people wearing masks?

An EasyRead Guide

You might see some people wearing masks that cover their mouth and nose at the moment.

This is to try and stop the spread of coronavirus.

Wearing a mask can help but you must also carry on washing your hands with soap and water.

You should not touch the front of the mask with your hands.

When should I wear a mask?

Wear your mask when you go to the shops. This will help to stop the spread of coronavirus.

If you have a carer or support worker visiting you should wear your mask. They should be wearing a mask too.

If you live with other people and you are coughing and sneezing, wear your mask when you are around them.

If anyone in your house has the symptoms of coronavirus, wear your mask when you are around them.

How to put your mask on

Always wash your hands before you put your mask on and when you take it off.

Make sure the mask covers your nose and mouth. There shouldn't be any gaps between the mask and your face.

Tuck the strings behind your ears. Make sure you don't touch the front of the mask.

When you are taking the mask off, do it from behind using the strings.

Don't touch the front. Throw it in the bin and wash your hands.

What if I don't have a mask?

You can make your own mask at home. Use a handkerchief or an old tee shirt.

Make sure the material is not too thick so you can breathe through it.

Tie it around your face. Make sure it is not too tight but make sure there is no gap between the mask and your face.

You can wash your home made mask and use it again.

If you can't wash it straightaway then keep it in a sealed plastic bag until you can.

For more information please contact:

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