

COVID-19 Guidance on the Use of Reusable Masks

In Peter McVerry Trust

Reusable Face Coverings

From 12th August 2020 all PMVT staff are being issued with two reusable face masks recommended to be worn in situations where it is difficult to practice social distancing. The following guidance should be followed to ensure their effective use.

What a face covering is;

In the context of the coronavirus (COVID-19) outbreak, a face covering is something which safely covers the nose and mouth. Face coverings are not classified as [PPE \(personal protective equipment\)](#) which is used in a limited number of settings to protect wearers against hazards and risks, such as surgical masks or respirators used in medical and industrial settings.

Face coverings are instead largely intended to protect others, not the wearer, 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).

When to use face covering?

Last update: 18 August 2020 at 6.05pm

By law, you have to wear a face covering:

- on public transport
- in shops, shopping centres and some other indoor settings

Wearing a cloth face covering is **also recommended in situations where it is difficult to practise social distancing.** Wearing of cloth face coverings may help prevent people who do not know they have the virus from spreading it to others.

If you wear one, you should still do the important things necessary to prevent the spread of the virus.

These include:

- washing your hands properly and often
- covering your mouth and nose with a tissue or your sleeve when you cough and sneeze
- not touching your eyes, nose or mouth if your hands are not clean
- social distancing (keeping at least 2 metres away from other people)

Cloth face coverings

Wearing a cloth face covering in public may reduce the spread of COVID-19 (Coronavirus) in the community. It may help to reduce the spread of respiratory droplets from people infected with COVID-19 (Coronavirus).

Cloth face coverings may help to stop people who are not aware they have the virus from spreading it.

If you have COVID-19 (Coronavirus) or have symptoms of the virus, you must self-isolate. Do this even if you wear a face covering.

When to wear one

Wearing of face coverings is recommended in the following circumstances:

- when staying 2 metres apart from people is difficult - for example, in shops or shopping centres
- by people visiting the homes of those who are cocooning
- by people who are being visited in their homes by those who are cocooning

What they are made from

Cloth face coverings are made from materials such as cotton, silk, or linen.

You can buy them or make them at home using items such as scarfs, t-shirts, sweatshirts, or towels.

Who should not wear one

Cloth face coverings are not suitable for children under the age of 13 and anyone who:

- has trouble breathing
- is unconscious or incapacitated
- is unable to remove it without help
- has special needs and who may feel upset or very uncomfortable wearing the face covering

How to wear one

A cloth face covering should cover the nose and go under the chin and:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include at least 2 layers of fabric
- allow for breathing without restriction

How to remove one

- To safely remove your face covering, use the ties or ear loops to take it off.
- Do not touch the front of the covering while taking it off.
- Do not touch your eyes, nose, and mouth
- Wash your hands using hand wash technique before and after removing the face covering.

How to wash one

- Wash daily in a hot wash over 60 degrees Celsius with detergent.
- If using a washing machine, you should be able to wash and machine dry it without damage or change to shape.
- You do not need to sterilise cloth face coverings. Wash it in a washing machine or by hand as you would any other item of clothing.
- Wash hands before and after use.

When to throw it out

You should throw out a cloth face covering when it:

- no longer covers the nose and mouth
- has stretched out or damaged ties or straps
- cannot stay on the face
- has holes or tears in the fabric (check the covering regular)

How to use a cloth face covering properly

Do:

- clean your hands properly before you put it on
- practise using it so you are comfortable putting it on and taking it off
- make sure it is made from a fabric you are comfortable wearing
- cover your mouth and nose with it and make sure there are no gaps between your cloth face covering
- tie it securely
- carry unused masks in a sealable clean waterproof bag (for example, a zip lock bag)
- carry a second similar type bag to put used masks in
- always put on a clean face covering before you entering a situation when a face covering is recommended
- try not to touch the face covering after it's placed on your face
- take off the face covering only after you left the situation when one is needed or if the face covering is damaged or wet
- if you're the face covering is damaged or wet, replace it with a clean one
- after using the face covering, remove it in a safe manner without touching the front of the covering
- placed used face covering in a zip lock bag
- wash your hands right after removing the covering or as soon as possible, and use hand sanitiser in the meanwhile
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Don't:

- do not use a face covering instead of self-isolation or instead of keeping 2-meters distance
- do not use face covering instead hand hygiene
- touch a mask or face covering while wearing it - if you do, clean your hands properly
- use a damp or wet medical mask or reuse a medical mask
- share masks
- do not lower your mask to speak, eat and smoke or vape - if you need to uncover your nose or mouth take the mask off and put it in the bag for used masks
- do not discard masks in public places
- do not place your face covering on surfaces that might have been touch by other persons
- do not allow other people to use your face covering

Reference - <https://www.gov.ie/en/publication/aac74c-guidance-on-safe-use-of-face-coverings/>

How to use Face Coverings



Coronavirus
COVID-19
Public Health
Advice

ALWAYS CLEAN YOUR HANDS BEFORE **AND** AFTER WEARING A FACE COVERING

Correct Covering

Medical masks should be reserved for health workers or patients in treatment.

If you have been advised to wear a medical mask, always have the coloured side showing and the metal band at the top of your nose.



Check Your Fit

Check that the face covering is made from a fabric that you are comfortable wearing.



Check that it is easy to fit and completely covers your nose and mouth, all the way down under your chin.

Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. Do not touch or fidget with the face covering when it is on.



DO NOT:
Wear the face covering below your nose.



DO NOT:
Leave your chin exposed.



DO NOT:
Wear it loosely with gaps on the sides.



DO NOT:
Wear it so it covers just the tip of your nose.



DO NOT:
Push it under your chin to rest on your neck.



FOLLOW THESE TIPS TO STAY SAFE:

ALWAYS
wash your hands
before and after
handling your face
covering.

ALWAYS
change your face
covering if it is
dirty, wet or
damaged.

Carry unused
face coverings in
a sealable clean
waterproof bag, for
example, a ziplock.

Carry a second
similar type bag,
to put used face
coverings in.

**CHILDREN
UNDER 13**
should not wear
face coverings.

ALWAYS wash
cloth face coverings
on the highest
temperature for
cloth.

Safe Removal



Use the ties or ear loops to take the face covering off.

Do not touch the front when you take it off.

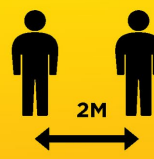


Disposing Of Single-Use Mask



Always dispose of single-use masks properly in a bin.

Don't forget to clean your hands and keep social distance.



Stay safe. Protect each other.



Rialtas na hÉireann
Government of Ireland