

STAY ALERT

YOU CAN WEAR A SCARF AS A FACE COVERING

A scarf or simple homemade face covering can be used when social distancing is difficult.



The public have been advised by the Government to consider wearing face coverings in enclosed public spaces to help reduce the spread of coronavirus.

To protect our staff we are asking all patients coming to see a doctor, nurse or healthcare assistant (to have blood taken etc) to wear a face covering.

A face covering can be very simple; it just needs to cover your mouth and nose. It is not the same as a face mask, such as the surgical masks.

If you choose to wear one:

- Wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on, and after removing it;
- When wearing a face covering, avoid touching your face or face covering, as you could contaminate them with germs from your hands;
- change your face covering if it becomes damp or if you've touched it;
- continue to wash your hands regularly;
- change and wash your face covering daily;
- if the material is washable, wash in line with manufacturer's instructions. If it's not washable, dispose of it carefully in your usual waste;
- practise social distancing wherever possible.

You can make face-coverings at home. Find guidance on how to wear and make a face-covering on [GOV.UK](https://www.gov.uk)