

Face coverings: When to wear one & How to make your own?

It is becoming more and more of an expectation for adults and children over 10 years old to wear a face covering in certain settings. This activity pack explains why face coverings are important, when you must wear one & how you can make your own. This is something you and your family can do together by following the step by step instructions included without it having to cost anything.

When do you have to wear a face covering?

In England, you **MUST** by law wear a face covering if,

- You are travelling on public transport (i.e. train, bus or aeroplane)

As of 24th July 2020, you **MUST** by law wear a face covering if you are going to the following:

- Shops
- Supermarkets

There are some exemptions to wearing a face covering, this includes:

- Young children under the age of 11
- Not being able to put on, wear or remove a face covering because of a physical or mental illness, impairment, or disability

****If your Parent/carer would like to see the full list of exemptions, they should visit the GOV.Uk website.***

Why do we need to wear a face covering?

A face covering is something which safely covers the nose and mouth. When used correctly, wearing a face covering may reduce the spread of coronavirus, helping to protect others.

Coronavirus (COVID-19) can spread by droplets from:

- coughing,
- sneezing and
- speaking.

These droplets can also be picked up from surfaces, if you touch a surface and then your face without washing your hands first. This is why social distancing, regular hand hygiene, and covering coughs and sneezes is so important in controlling the spread of the virus.

How to make your own face covering:

You can make your own face covering at home for FREE using fabric and material you already have. You could use old t-shirts or cotton blankets with colourful patterns on – You MUST ask the adult you live with for permission first.

We have provided instructions below for you. There are other ways of making your own face coverings, but this method is recommended by Government.

We would love to see photos of your completed creations – Ask your adult if it is ok to take a picture and send it to thrivingkirklees@yccuk.org.uk

Primary aged children should only follow these instructions under the supervision of an adult.

Always take care to use equipment safely to avoid injury.

You will need:

- Two or three 25cm x 25cm squares of cotton fabric
- Two 20cm pieces of elastic (or string or cloth strips)
- Needle and thread
- Scissors



Two squares of
fabric 25cm x 25cm



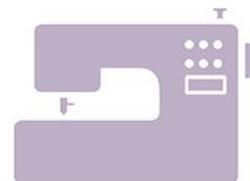
Two pieces
of 20cm elastic



Scissors



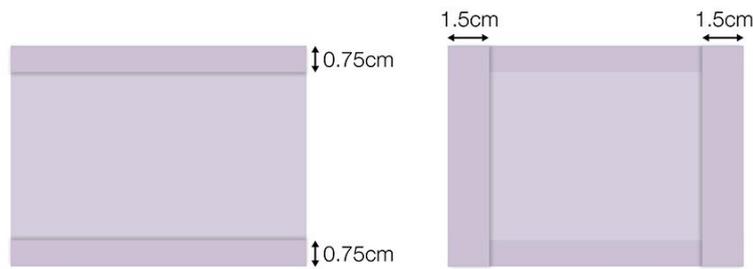
Needle and thread



Sewing machine (optional)

Step 1: Cut out 25cm x 25cm squares of cotton fabric. Stack the squares on top of each other.

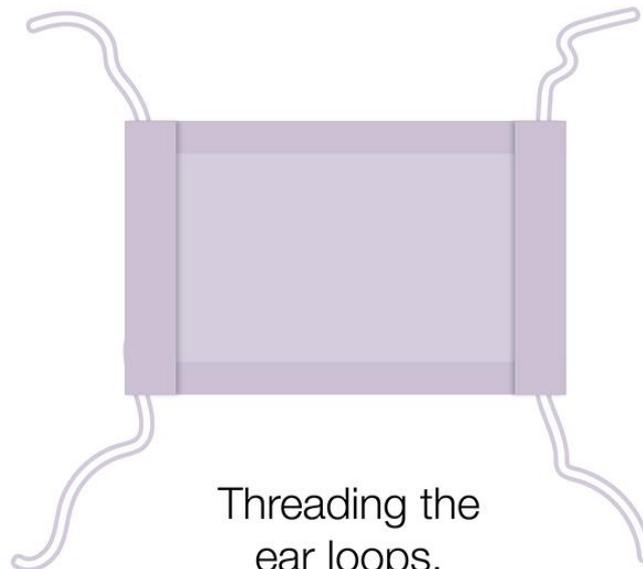
Step 2: Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.



Fold over
the top and bottom
and hem

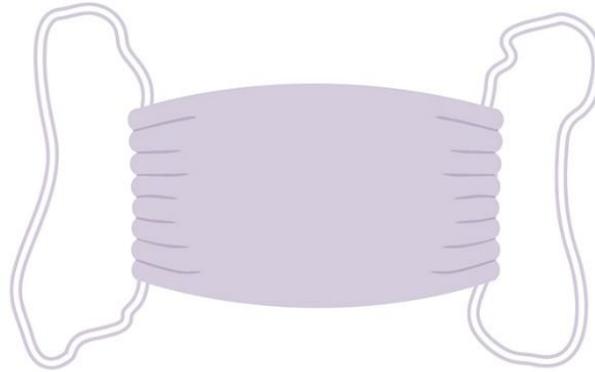
Fold over
the sides
and hem

Step 3: Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly.



Threading the
ear loops,
sewing into place

Step 4: Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.



Completed face covering, knots tucked in, cloth slightly gathered

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

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

When removing a face covering:

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before removing
- only handle the straps, ties or clips
- do not share with someone else