



PROMOTING THE USE OF FACE COVERINGS IN ARGYLL & BUTE CALL TO ACTION FOR LOCAL COMMUNITY GROUPS – June 2020

Face coverings can reduce the spread of Covid-19. The Scottish Government issued guidance on 11 May 2020 about their use. This includes use in enclosed spaces where it may be difficult to ensure physical distancing from other people and on public transport from 22 June. As lockdown measures reduce in-line with the national route-map, further guidance may be issued.

Anecdotal evidence suggests the use of face coverings is low throughout Argyll and Bute. Reasons for this may be related to people not having access to face masks, not knowing how to use them, or not understanding the benefits of wearing them.

The Caring for People Tactical Partnership which was set up in response to the emergency in March is issuing a call to local community groups in Argyll and Bute to help promote the use of face coverings. This help includes:

- Crafting groups to make face masks;
- Local community groups to be a point of contact for the delivery and distribution of face masks; and
- Local community volunteers to be advocates and champions to promote the benefits of wearing face coverings and role model this in their own communities.

Face coverings in the community do not have to be set “hospital” standard and there are lots of designs available online. Masks are more likely to be effective if they consist of more than one layer of different fabrics. They can be made easily at home from old clothes like t-shirts or bed linen. Have a look at these links for ideas:

<https://www.bbc.co.uk/news/uk-52609777>

<https://www.bbc.co.uk/programmes/p08dq7y2>

<https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus-guidance/face-covering-guidance/>

<https://www.which.co.uk/reviews/face-masks/article/face-masks-where-to-buy-them-and-how-to-make-your-own>

Further information is available by emailing the NHS Highland Public Health Department in Argyll and Bute Health and Social Care Partnership at: High-UHB.ABHealthImprovement@nhs.net

The following infographic has been produced by the World Health Organisation to explain the dos and don'ts of face coverings. Please note the Scottish Government guidance of 2 metres physical distancing remains in place in Scotland. Face coverings can reduce the risk of infection in conjunction with these other steps:

- Keep 2 metres away from anyone not in your household
- Regularly and thoroughly wash hands
- Clean surfaces at home
- Reduce contact with others and stay at home as much as possible
- Self-isolate if you have symptoms and book a test

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



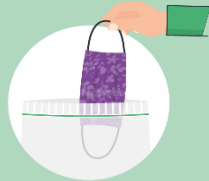
Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag

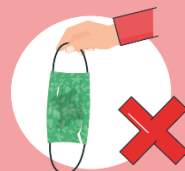


Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others