



# Strathaven Academy

# Face Coverings

## August 2020

## Face covering information

Staying two metres away from other people, covering any coughs and sneezes and frequent hand washing are the best precautions against coronavirus. However, because you may have coronavirus without knowing it (this is also known as being asymptomatic), wearing a face covering will help prevent you passing it on to anyone else.

You can use something that you already have lying around – anything that covers the nose and mouth that is made of textile, like cloth that you can breathe through, such as a scarf, is considered a face covering. You can also use a disposable paper mask.

# Why should I wear a face covering?

The World Health Organisation (WHO) have recently found that wearing a face covering helps protect yourself and those around you.

Now you are back at school, the Scottish Government, your teachers and school community want to make sure schools are as safe as possible.



Pupils should wear a mask under the same conditions as adults, in particular when they cannot guarantee at least the safe two metre distance from people around them.

# Why should I wear a face covering?

The World Health Organisation (WHO) have recently found that wearing a face covering helps protect yourself and those around you.

With more people in one area, it can compromise the ventilation.



When moving in corridors, at break time, lunchtime and in communal areas there are larger crowds of different age groups. The larger the crowds, the more noise which can make people have to raise their voice. Raising your voice means you project your sound further, but it also means you project air droplets further too.

# When do I need to wear a face covering?

From 31st of August, the Scottish Government has recommended the use of face coverings (subject to exemptions) for staff and young people in secondary schools in places where physical distancing is difficult.

This includes:



Moving in corridors



At break times



At lunchtimes



In communal areas, as well as on school transport.



You do not need to wear a face covering during class.

# Top tips on wearing a face covering



In order for your face covering to keep you and those around you safe, remember:



Face coverings should not be shared with others



Wash your hands or use hand sanitiser before putting it on, and try not to touch your face



It's important to make sure the face covering is the right size to cover the nose, mouth and chin and you shouldn't touch the front once it's on



When you take it off, try not to touch the part you've been breathing on



When you're not using your face covering (for example, during class), it should be placed in a washable bag or container. Avoid placing it on surfaces, due to the possibility of contamination.



If it's a fabric face covering, keep the face covering in a plastic bag until you can wash it, then wash it at 60 degrees centigrade after each day of use. It can go in the wash with other laundry.



If you're using a disposable face covering, wrap it in a bag and put it in the bin.

*If you don't have access to a face covering, or if you lose yours during the school day, speak to the office staff.*

# What if I'm exempt?

Some people are exempt from wearing a face covering, this could be for any of these reasons:

- They have a disability or health condition that means they cannot put a covering on
- A covering will cause them severe distress

Any pupil who feels they should be exempt from wearing a face covering needs to ask their parent/carer to contact their Guidance teacher.

Remember, if you see someone not wearing a face covering, they might be exempt from wearing one. They might be wearing a sunflower lanyard, a badge or something else to show that they don't need to wear a face covering.



# Face covering video



[https://www.youtube.com/watch?v=9Tv2BVN\\_WTk](https://www.youtube.com/watch?v=9Tv2BVN_WTk)



**From**  
**Monday 31<sup>st</sup>**  
**August**  
**2020**



**in**  
**Strathaven**  
**Academy**