

# Guidance for use of face masks

Current advice in England is that masks aren't necessary for most people on a day to day basis. However some countries and scientists are advocating a different approach; and some people believe that masks can help prevent the spread of the virus.

Therefore, we are supporting volunteers to make simple cotton masks for other volunteers to wear when they're out helping in the community; doing food shops for neighbours, for example.

If you'd prefer to wear a mask when you're volunteering, then you can collect your homemade cotton masks from Lynfield Road (off Nunney Road)

When they're available, the masks will be in a plastic box at 35 Lynfield Road (BA11 4JB) and available to collect between 8am and 7pm.

If the box isn't out, it means we're out of masks for the time being!

To avoid any unnecessary journeys – which is really important at this time - call us on 01373 465757 and we can let you know whether we have any available.

Please take 2 masks to rotate them between washes.

**VERY IMPORTANTLY** you must wash any new masks at a high temperature before using them for the first time.

**DO** try this at home

Alternatively, you could try your hand at making masks at home using this template. Also use this link to see how to wear them effectively:

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)