PETERHOUSE FACE COVERINGS GUIDELINES

‘My mask protects you, your mask protects me’

The reason for using face coverings

Coronavirus (COVID-19) usually spreads by droplets from coughs, sneezes 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.

The best available scientific evidence is that, when used correctly, wearing a face covering may reduce the spread of coronavirus droplets in certain circumstances, helping to protect others.

Because face coverings are mainly intended to protect others, not the wearer, from coronavirus (COVID-19) they are not a replacement for social distancing and regular hand washing. It is important to follow all the other government advice on coronavirus (COVID-19).

If you have recent onset of any of the most important symptoms of coronavirus (COVID-19):

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of smell or taste (anosmia)

You and your household must isolate at home: wearing a face covering does not change this. You should arrange to have a test to see if you have COVID-19.

What a face covering is

In the context of the coronavirus (COVID-19) outbreak, a face covering is something which safely covers the nose and mouth. You can buy re-usable or single-use face coverings. You may also use a scarf, bandana, religious garment or hand-made cloth covering but these must securely fit round the side of the face.

Face coverings are not classified as PPE (personal protective equipment) which is used in a limited number of settings to protect wearers against hazards and risks, such as surgical masks or respirators used in medical and industrial settings.

Face coverings are instead largely intended to protect others, not the wearer, against the spread of infection because they cover the nose and mouth, which are the main confirmed sources of transmission of virus that causes coronavirus infection (COVID-19).

When do you need to wear a face covering?

- Face coverings should be worn in all communal indoor areas within the College, including shared corridors and staircases, and in any other communal rooms where maintaining a 2m social distance might be compromised.

- A face covering is required when using the College Servery, passing through the Porter’s Lodge, when entering the Hall or Combination Room. It is also required when visiting the College’s administrative offices and for congregations attending Chapel services.

- Exceptions are when are seated at a desk (as in the library), when seated for eating or drinking, and when students are inside their own student households.
• The College asks that you carry a re-usable or disposable mask with you at all times while on College premises and that you be prepared to wear it if you are asked to do so.

• For meetings indoors such as supervisions, face coverings will be required if the 2m social distancing cannot be maintained or other mitigating measures (such as Perspex screens) are not in place. Anyone attending with concerns about mask wearing at the meeting should make their views known to the organizer, who should seek to accommodate their concerns as appropriate.

When you do not need to wear a face covering?

In settings where face coverings are required, there are some circumstances where people may not be able to wear a face covering for example physical impairment or due to medical conditions. Please be mindful and respectful of such circumstances, noting that some people are less able to wear face coverings, and that the reasons for this may not be visible to others.

Those who have an age, health or disability reason for not wearing a face covering should not be routinely asked to give any written evidence of this, this includes exemption cards. No person needs to seek advice or request a letter from a medical professional about their reason for not wearing a face covering.

Some people may feel more comfortable showing something that says they do not have to wear a face covering. This could be in the form of an exemption card, badge or even a home-made sign.

This is a personal choice and is not necessary in law.

How to use a face covering

Instructions on how to fit a face covering are attached. An instructional video on wearing a 3ply mask can be found [here](#). Instructions for the use of a re-usable face covering can be found [here](#). Please note that hands should be thoroughly washed (or use hand sanitiser) both before and after fitting face coverings and before and after removing and disposing of them. Once fitted masks should not be touched and should be removed carefully by the ear elastic whilst not touching the front and then washed or disposed of.

The College endorses the use of re-useable, washable face coverings where possible.

Reporting of issues

If you are concerned about any aspects of the steps listed above or members of the College failing to adhere to the guidelines please be in touch with the HR Manager (belinda.steel@pet.cam.ac.uk) or the Health and Safety Manager (phil.fordham@pet.cam.ac.uk).