

FACE COVERINGS

As one of the key measures to prevent the spread of COVID-19, face coverings are mandatory on TU Dublin campuses for staff and students, just as they are on public transport, in shops and whenever you are close to other people.



Why wear a face covering?

A face covering is worn to protect both the person wearing it and others in their environment. It must cover the mouth and nose to effectively prevent the spread of respiratory droplets so it is important to know how to wear it correctly to avoid infecting ourselves or others with the virus.

Here is a video showing how to use a face covering properly. https://youtu.be/9Tv2BVN_WTk



What is an effective face covering?

- ~ A cloth face covering should cover the nose and go under the chin
- ~ It should fit snugly but comfortably against the side of the face
- ~ It should be secured with ties or ear loops
- ~ It should include at least 2 layers of fabric
- ~ allow for breathing without restriction

Washable cloth face coverings are kinder to the environment and to your face.



When is a face covering not effective?

- ~ When it doesn't cover nose and mouth
- ~ Single layer of fabric is not sufficient to protect you and others
- ~ Wrapping a scarf around your face is not sufficient to protect you and others
- ~ Visor/face shield worn without a face covering is not effective



If I wear a face covering am I safe from infection?

Face coverings – with or without an additional face shield – provide protection when used in addition to other key control measures including:

- ~ maintaining 2 metres distance from others
- ~ sanitising/washing hands frequently
- ~ observing cough and sneeze etiquette
- ~ ventilating rooms regularly

We all need to remember all of these measures at all times to help prevent the spread of COVID-19 in our households and wider community - solidarity is now more important than ever as we aim to suppress this virus.



Can I wear a visor/face shield instead of a face covering on campus?

No. Visors or face shields, made of transparent plastic, are not a substitute for face coverings and may lead the wearer to believe they are more protected than they really are. While a visor or face shield may provide eye protection, it does not provide respiratory protection and to be effective, should only be worn WITH a face covering.



How effective is a face covering vs a face shield?

To see how effective a face covering can be, some studies have been undertaken in the US and here in the Mater Hospital. These studies show how respiratory droplets can spread through speech, coughing and laughing and then they show the effectiveness of face coverings versus face shields in reducing the spread of respiratory droplets. You can see this for yourself on these video clips video clips: <https://youtu.be/WT3zi7YczkY> <https://www.rte.ie/news/coronavirus/2020/0925/1167546-masks>