Coronavirus (COVID-19)
When you should wear a surgical face mask

Your team is being provided with a supply of surgical masks for use when a task requires you to be within 2 metres of others.

When used properly, a surgical face mask may prevent the spread of coronavirus before sufferers start to display symptoms. Masks must be used in addition to using hand sanitizer or regular hand washing. Stay 2 metres from others wherever possible.

If you have any of the symptoms of Coronavirus – a new, continuous cough, a high temperature (>37.8 C or you feel hot to touch on your chest or back) or you feel unwell – do not come into work and seek medical advice if required.

How do I use a surgical face mask?

1) Wash your hands or use hand sanitizer before picking up the mask

2) Inspect the mask for holes and tears

3) Loop the mask over your ears and cover your nose and mouth as closely as possible with the fabric

4) Avoid touching your face once the mask is in place

5) Wear each mask for a maximum of 2 hours. If the mask becomes wet or damp, change it sooner

6) Remove the mask, holding it as far from your face as possible

7) Dispose of the mask safely, double bagging it in any suitable plastic bag. The bag should be tied and left 'in quarantine' for 72 hours before discarding as normal waste.

For our face mask FAQs and further information about how to keep safe at work during the Coronavirus crisis, visit our colleague information page on the Network Rail website, open to all:
https://www.networkrail.co.uk/coronavirus-information-for-our-staff

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