



## Information Sheet J: Screens and Face Coverings

The virus that causes COVID-19 (SARS-CoV-2) is spread by droplets from the mouth and nose. These droplets spread when we breathe, talk, cough, sneeze etc.

Most of these droplets quickly fall to the ground or other surfaces. Keeping a 2m distance from other people is the best way to minimise direct contact with respiratory droplets.

However, when a 2m distance cannot be maintained, physical barriers such as screens, face coverings, and face shields can reduce exposure to droplets.

### Screens

Physical barriers like clear plastic or acrylic screens, are the best way to protect staff from COVID-19 where a 2m distance is not possible. These screens prevent respiratory droplets passing from one person to another. If a screen is in place, staff do not need face coverings.

### Face coverings

A cloth face covering catches your respiratory droplets. It does not protect you, but may help protect people you come close to. You must wear your face covering properly, covering your mouth and nose. Don't touch the outside of your face covering. Wash your hands before putting your face covering on, and after taking it off.

You should only use face coverings in your workplace if wearing them does not affect compliance with food hygiene regulations, and if they are approved by your employer.

Further guidance on face coverings is available from the FSA in [Adapting food manufacturing operations during COVID-19](#)

### Face shields

A face shield/visor provides a barrier against respiratory droplets between the wearer and any person closer than 2m. Visors need to fit properly and be worn properly. A visor must cover your forehead, extend below your chin, and wrap around the sides of your face. You don't need to wear a face covering if you are wearing a visor.

**\*None of these physical barriers remove the need for frequent hand washing, good respiratory hygiene, and enhanced surface cleaning\***