

Girton College Guidance on the use of Face Coverings

The University and Colleges have issued a joint statement on the use of face coverings. You can read the full statement <https://www.cam.ac.uk/coronavirus/news/university-and-colleges-joint-statement-on-face-coverings> The key message is:

The University and Colleges expect members of the Cambridge community to wear face coverings in any work or study setting, at a minimum, unless it is clear that social distancing can be maintained at all times, or someone has a medical exemption. Therefore, we should carry face coverings with us and wear them where asked to do so by College or University authorities or when it would be a courtesy to others

Girton expects all members, staff and visitors to wear face coverings inside all the College premises at all times and also outdoors if 2m distancing cannot be achieved.

Exceptions:

- ❖ Eating and drinking whilst socially distanced from others
- ❖ Inside your household, providing no one is self-isolating with covid symptoms
- ❖ Inside your room when alone
- ❖ When there is a requirement for lip reading – as long as social distancing is maintained
- ❖ Inside your shared office, provided that all are distanced at 2m, ventilation in place and all agree to remove.
- ❖ When seated in a lecture or supervision, provided that you are 2m from everyone else including the supervisor, windows are open and all consent to take masks off. If in doubt, keep it on.

You should wash your face covering at least daily, keep it in a clean pouch when not in use and never leave it lying around on surfaces.

You do not need to wear a face covering if you have any of the following:

- ❖ Pre-existing breathing difficulties and/or other respiratory conditions not related to suspected or confirmed COVID-19 infection
- ❖ Mental-health conditions such as anxiety or panic disorders exacerbated by wearing a face covering
- ❖ Non-visible disabilities that would be exacerbated by wearing a face covering
- ❖ Visual impairments, with a restricted field of vision, particularly if any residual vision is at the lower edge of the normal field of view
- ❖ Impairments that would make it difficult to put on or take off a face covering safely, accurately, consistently, or without pain

How to use a face covering, including guidance on washing and storage of masks

https://youtu.be/9Tv2BVN_WTk

Junior Bursar September 2020