

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 [here](#). The key message is:

The University and Colleges now expect all members of the Cambridge community to wear face coverings at ALL times in ALL indoor work or study settings, even if social distancing of at least 2 m can be maintained. The only exceptions are work in single-occupancy rooms with closed doors, when actively eating or drinking, or when the individual concerned has a medical exemption.

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, or if exercising as part of an isolating household.

Exceptions:

- ❖ Actively 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

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

Please note, however that if you are unable to wear a face covering, you may not use shared study spaces whilst national infection rates are very high. There are, however, smaller study spaces where you can work alone or with another member of your household.

Staff unable to wear a face covering will be deployed outside of close contact environments such as student households and must maintain a minimum of 2m distance from colleagues and other members of the community at all times.

Face coverings should be minimum 2 and ideally 3 ply. 3 ply disposable masks are available at the Porters' lodge. If you have a 2 ply reuseable mask, a non woven material (eg a piece of J cloth) can be inserted into the pocket to make a 3rd layer.

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

https://youtu.be/9Tv2BVN_WTk