   
**Face coverings when using NHS services**  
All patients and visitors to NHS services must wear a face covering at all times.  This includes hospitals, community clinics and GP services.  Evidence has confirmed that face coverings can help reduce the risk of transmission if you are suffering from coronavirus, but not showing symptoms.    
  
The government has set out [advice for people on how to make their own face coverings easily at home](https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering), using scarves or other textile items. These face coverings should cover the mouth and nose, whilst allowing the wearer to breathe comfortably and can be as simple as a scarf or bandanna that ties behind the head to give a snug fit.   
  
Please wash your hands or use hand sanitiser before putting on a face covering and after taking it off. Please avoid touching your face covering whilst wearing it to avoid transmission of the virus.    
  
If you attend an appointment without a face covering, you will be provided with a face mask in an emergency.