



Coronavirus

- FACE COVERINGS -



How to **put on** a fabric / **medical** mask



1

Wash your hands with soap and water or an alcoholic gel



2

Make sure the mask is new without any holes



3

For medical masks: the coloured surface should be on the outside with the metal strip at the top



4

Cover your nose, mouth and chin. Make sure there are no gaps

5

On medical masks: pinch the metal strip down onto your nose

DO NOT **touch** the mask, even when talking – wash your hands if you do

6

How to **take off** a fabric / **medical** mask

ONLY use masks until they get damp or dirty



1

Wash your hands **before** removing the mask



2

Remove it from behind the head **without touching** the mask



3

With medical masks: Immediately discard into a bin after use



4

Wash your hands again **afterwards**

HOW TO CARE FOR YOUR FACE COVERING:

WASH FABRIC MASKS WITH:



Soap or detergent and hot water **at 60°C**

OR



Soap or detergent and room temperature water, followed by boiling the mask for **a minute**

Only use **your own** mask



Make sure the material is **easy to breathe through**



To reuse your mask, place it in a **plastic bag**

