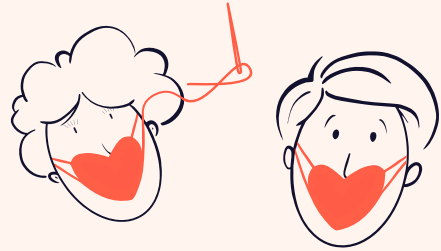


Everything you need to know about face masks

**I protect you,
you protect me**



When?

Wear a face mask to trap potentially infected droplets and protect others. Objects around you will also be less likely to be infected.



When in **close contact** with others



On **public transport**



In the **supermarket/shops**



When **visiting vulnerable individuals** or if you are a **high-risk patient** (65+, ...)

Clean & store?

Sterilise your face mask daily or after 4 hours of intensive use (e.g., after talking for a long period of time).



Wash it for **30 minutes at 60°C** or **boil it briefly** in a **pot** that you only use for this purpose.



If you washed your face mask at less than 60°C, then **iron** it at a **high temperature** setting. Store the **clean and dry** face mask in a **Ziploc bag**.

Tips

- Avoid putting on/taking off your face mask continuously. Put it on when you leave the house. If you have to take off your face mask for a short time (e.g., to drink), then put it down in a clean place that you can easily clean afterwards or store it in a breathable bag.
- People who cannot wear a face mask correctly should not wear one.
 - Children under 12
 - People with a disability who are unable to wear the face mask according to the guidelines without someone else's help.
- Don't store your face mask in your fridge or freezer: this does not kill the virus. It may however contaminate the food in your fridge or freezer.

Maintain a distance of 1.5 m, do not touch your face and wash your hands with soap and water.

www.makefacemasks.com

Everything you need to know about face masks

Putting on your face mask



Wash your hands thoroughly with soap and water before touching the face mask



Use the ends of the strings to put on the face mask.



Do not touch the inside of the face mask (the side with the flap for a filter).



Make sure the face mask fits snugly around your face. Cover your nose and mouth.

Taking off your face mask



Wash your hands thoroughly with soap and water before taking off your face mask.



Use the ends of the strings to take off your face mask.



Do not touch your face or the inside of the face mask.



Toss your face mask in the laundry as soon as you get home.

Maintain a distance of 1.5 m, do not touch your face and wash your hands with soap and water.

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