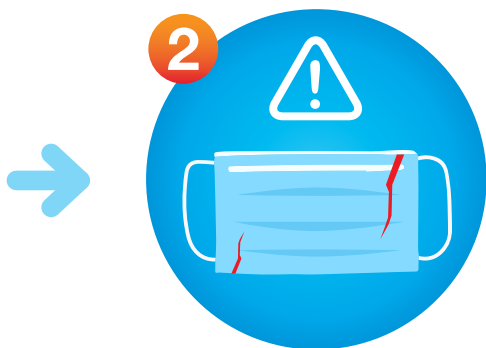


How to put on a protective mask correctly



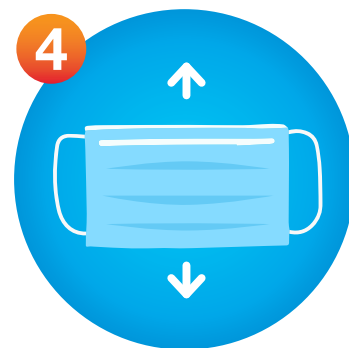
1
Tie back your hair and wash your hands thoroughly



2
Make sure that the mask is not damaged



3
Hold the mask by the bands or ties



4
Determine which side of the mask is the top: there is usually a piece of metal there



5
Place the mask over your nose and mouth



6
Ensure that the mask covers your nose, mouth and chin



7
Pinch the top of the mask to fit it to your nose and create a better seal



8
Do not touch the mask while you are wearing it (if you do touch it, wash your hands again)

How to take off a mask



1
Wash your hands thoroughly



2
Remove the mask, holding it by the bands or ties



3
Single-use mask: discard immediately in a closed bin



4
Wash your hands thoroughly



Paper or fabric masks (for use by the general public)

- ✓ Use the mask for no more than **8 hours**
- ✓ Never touch the **front of the mask**
- ✓ **Paper masks:** dispose of the mask after use
- ✓ **Fabric masks:**
 - wash the mask at 60°C every day
 - ensure the mask is completely dry before using it



Surgical masks (for professional use)

- ✓ Use the mask for no more than **8 hours**
- ✓ Never touch the **front of the mask**
- ✓ **Do not put the mask in your pocket**
- ✓ Store the mask in a **cleanable personal storage box**, ensuring it is always the same way up



FFP2/FFP3 masks (for use by hospital staff)

- ✓ Use the mask for no more than **8 hours**
- ✓ Never touch the **front of the mask**
- ✓ Remove the mask quickly after providing any form of respiratory assistance
- ✓ **Do not put the mask in your pocket**
- ✓ Store the mask in a **cleanable personal storage box**, ensuring it is always the same way up