

# INSTRUCTIONS ON HOW TO WEAR A FACE MASK

Wearing a face mask is one way of preventing the spread of coronavirus infections. Similar to many other respiratory tract viruses, the coronavirus is primarily transmitted through respiratory droplets. Therefore, when properly worn, a face mask may help to reduce infections by preventing droplets from spreading into the environment.

When wearing a mask, remember also the primary preventive measures, such as hand washing and good coughing hygiene as well as avoiding close contacts and touching your face.

## Choosing and wearing a mask

- Try on different masks to find one that suits your face and through which you can breathe.
- Make sure that the mask sits tightly against your face and covers your mouth, nose and chin.
- Put the mask on your face well in advance before boarding public transport.
- Make sure you have as many masks as you need during the day.
- Carry with you a bottle of hand sanitiser and extra masks to change if necessary.

## Make sure that your hands are clean before you touch the mask, and avoid touching the mask while wearing it.

- Wash or disinfect your hands before putting on a new or washed clean mask.
- Do not touch your mask or move it under your chin or on your forehead when wearing it.
- If you need to touch the mask while wearing it, wash and disinfect your hands before and after.
- Remove your mask with clean hands by holding the ear loops. Do not touch the outside of the mask when removing it.
- Do not put on a mask you have worn before.

## Take care of your face mask

- Replace the mask with a fresh one if it becomes wet or dirty.
- Put a disposable mask in a waste container directly after taking it off.
- Put a reusable cloth mask in a plastic bag or directly into the washing machine.
- Wash or disinfect your hands after taking off the mask.
- Always wash your cloth masks in a 60-degree wash cycle after use or boil them for five minutes in water with a small amount of detergent.
- Rinse the mask and hang it to dry in a place where the air is fresh.

## How to put on a face mask properly:

