

How to use a face mask?

WHEN?

face mask captures droplets you might otherwise be spreading when coughing or talking. This way you protect others and you do not contaminate objects around you.



In close contact, if you cannot maintain 1.5 meters.



Mandatory on public transport from the age of 12.



Recommended in busy public places



Recommended in supermarkets and other shops.



When visiting vulnerable persons. If you are a high-risk patient, always wear it when you leave the house.

WASHING AND STORING?

Wash your face mask before its first use. Sterilize it every day. If used intensively, this is already necessary **after 4 hours** of use, for example if you have to talk much.



Wash the mask at at least 60 ° C for 30 minutes or boil it briefly in a cooking pot. Do not use that cooking pot for anything else.



Iron the mask at a high temperature.



Let the mask dry well, never use it wet. Keep it in a closed and preferably cloth bag that you wash with the mask.



At the bottom of the mask there is a compartment for a filter (coffee filter, kitchen paper ...). Make sure that the filter is not too dense, as that would make breathing harder.



- Avoid as much as possible to put the face mask on and off. Preferably put it on as you leave home.
- If you need to take the mask off for a short time (for example to drink), put it clean place that you can easily clean afterwards or put it in a breathable bag.
- Do not keep your face mask in the refrigerator or freezer, the cold will not kill the virus. Moreover, you risk contaminating the food.

DO NOT FORGET

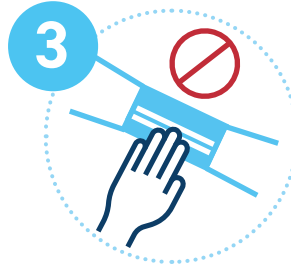
The face mask only makes sense if you also observe the other base directives:

- maintain a 1.5-meter safety distance
- frequently wash your hands with soap and water
- do not touch your face
- cough and sneeze in your elbow
- limit your social contacts
- stay home if you are sick

HOW TO PUT IT ON?



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



Do not touch the inside of the mask.



Take the mask by the ribbons and tie them behind your head.



Make sure the mask fits snugly to your face. Cover your nose, mouth, and chin.

HOW TO TAKE IT OFF?



Wash your hands thoroughly with soap and water before removing the mask.



Do not touch your face.



Only touch the mask by the ribbons, untie them.



Immediately put the mask in the washing when you get home. Then wash your hands again.

Andere talen
Autres langues
Other languages



www.turnhout.be/mondmasker

