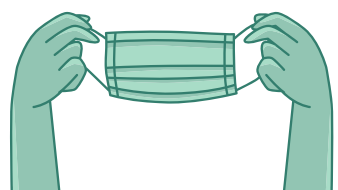


How to put on a face mask?

How to put on and take off your mask?



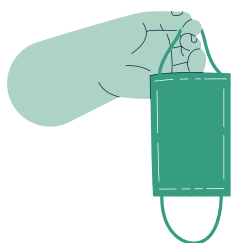
Wash your hands with soap and water before putting on the mask.



Hold the mask by the elastic straps to put it on your face.



Adjust the mask to cover the nose, mouth and chin.



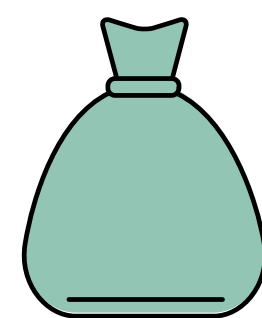
Unhook the elastic straps to remove the mask.



Change and discard the mask after every four hours and wash your hands afterwards.

Avoid:

1. **Touching and moving** your mask
2. **Putting the mask in a waiting position** on the forehead or the chin.
3. **Putting the mask in your pocket** or bag after wearing it. While waiting to wash it, insulate it in a plastic bag.



How do I maintain a washable mask?

To wash the mask:

Machine wash: with detergent for at least 30 minutes and at min 60°C.

OR

By hand: with soapy water in the sink, and clean it thoroughly by rubbing it for at least 30 seconds.

To dry the mask:

Use a blow-dryer or hair dryer

OR

Outdoors on a disinfected surface.

