

HOW TO WEAR A FACE MASK SAFELY

Protect yourself and others

How do I put on my face mask?



1

Wash your hands with soap and water.



2

Grab the mask by the elastic straps or the strings.
Do not touch the inside of the mask.



3

Tie the mask around your head with the straps.
Or put the elastic straps around your ears.



4

Pull the mask open towards the nose and chin.



5

Make sure it fits nicely and covers your nose, mouth and chin.



6

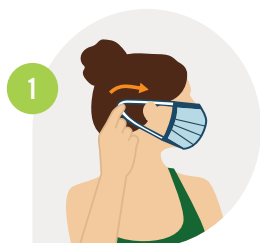
Make sure the mask is as close to your face as possible.



7

Make sure to no longer touch the outside of the mask.
Did you accidentally do this?
Then wash your hands with soap and water.

How do I take off my face mask?



1

Grab the mask by the elastic straps or the strings.
Remove it in one swift movement.



2

Single-use masks
Dispose of the mask in a sealed bin or follow the specific guidelines in your organisation.

OR

Fabric masks
Each day, wash your mask at min. 60° or for five minutes in boiling water.



3

Afterwards, wash your hands with soap and water.

Want more info on how to protect yourself and others against the coronavirus?
Surf to mensura.be/en/restart-after-corona