Everything you need to know about face masks

I protect you, you protect me

When?

Wear a face mask to trap potentially infected droplets and protect others. Objects around you will also be less likely to be infected.

- When in close contact with others
- On public transport
- In the supermarket/shops
- When visiting vulnerable individuals or if you are a high-risk patient (65+, ...)

Clean & store?

Sterilise your face mask daily or after 4 hours of intensive use (e.g., after talking for a long period of time).

- Wash it for 30 minutes at 60°C or boil it briefly in a pot that you only use for this purpose.
- If you washed your face mask at less than 60°C, then iron it at a high temperature setting. Store the clean and dry face mask in a Ziploc bag.

Tips

- Avoid putting on/taking off your face mask continuously. Put it on when you leave the house. If you have to take off your face mask for a short time (e.g., to drink), then put it down in a clean place that you can easily clean afterwards or store it in a breathable bag.
- People who cannot wear a face mask correctly should not wear one.
  - Children under 12
  - People with a disability who are unable to wear the face mask according to the guidelines without someone else's help.
- Don't store your face mask in your fridge or freezer: this does not kill the virus. It may however contaminate the food in your fridge or freezer.

Maintain a distance of 1.5 m, do not touch your face and wash your hands with soap and water.

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Putting on your face mask

- Wash your hands thoroughly with soap and water before touching the face mask.
- Use the ends of the strings to put on the face mask.
- Do not touch the inside of the face mask.
- Make sure the face mask fits snugly around your face. Cover your nose and mouth.

Taking off your face mask

- Wash your hands thoroughly with soap and water before taking off your face mask.
- Use the ends of the strings to take off your face mask.
- Do not touch your face or the inside of the face mask.
- Toss your face mask in the laundry as soon as you get home.

Maintain a distance of 1.5 m, do not touch your face and wash your hands with soap and water. 
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