

How to use and care for your face mask



Choose a design that is suitable for your face. The mask needs to fit snugly and cover your mouth, nose and chin. Make sure you are able to breathe easily with the mask.



Have as many masks with you as you are going to need during the day. Do not wear a used mask again. If your mask gets moist or dirty, replace it with a new one.



Do not touch your mask or move it while wearing it. If you have to touch your mask, wash your hands or use hand sanitiser before and after touching it.



If you use public transport, place the mask on your face in good time before boarding.



Remove your mask with clean hands by only touching the ear loops or ties.



Put a disposable mask immediately in a waste container and a reusable cloth mask in a plastic bag or the washing machine. Wash your hands or use hand sanitiser after removing the mask.



Wash cloth masks in the washing machine using a temperature of 60 degrees Celsius or boil them for five minutes in water with a small amount of detergent. Rinse the masks and dry them in fresh air.