

# Correct use of medical face masks

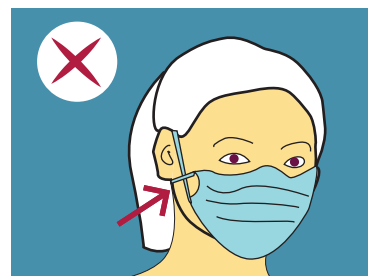
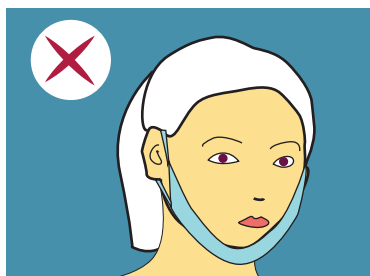


- Clean your hands before you put it on
- Make sure that it sits tightly around your face and nose
- Use a face mask type I (type II should be reserved for healthcare workers)



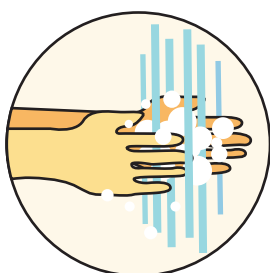
- Do not reuse a face mask
- Change to a new one if it becomes damp, or if you remove it to eat, etc.
- Throw the used face mask into a bin as soon as you take it off
- Clean your hands after touching or removing it

## DO NOT:

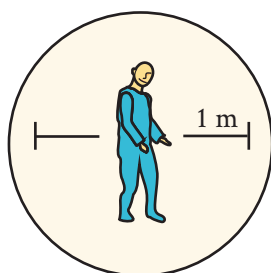


Face masks can prevent you from infecting others and can reduce the risk of you becoming infected. If you use them incorrectly, you increase the chance that you can be infected.

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 This always applies, also when using medical face masks/ cloth face coverings.



Clean hands well,  
and often



Keep a good distance  
to others



Stay home if  
you are sick



Some people choose to  
use a mask/covering,  
others cannot use them.