

Hand washing with soap step 1 a

Wet hands – take a portion of soap

Hand disinfection step 1 b

Hands must be dry – take a portion of hand disinfectant

Putting on step 2

Hold mask straps with both hands, use the upper straps to stretch the mask, place the upper part of the mask on the bridge of the nose

Putting on step 2 a

Mask with ear loops Pull the loop straps over the ears from above, and pull on the straps at the bottom until the chin is covered

Putting on step 2 b

Tie-on masks
Pass the upper straps behind the ears and fasten at the back of the head. Stretch the lower straps near to the mask using both hands, and fasten below the ears at the neck

The mask must completely cover both mouth and nose and must sit tight

Removal step 3

pull the ear loops over the ears and remove by pulling forwards.
First untie the lower straps, then the upper ones, and use both hands to stretch the mask as you remove it forwards.

Cleaning step 4

dispose of used masks in the bin or in a container, do not touch the outer surface of the mask, store there until ready to be recycled

Hand washing step 5

after removing the mask, wash your hands thoroughly with soap; if this is not possible, it is essential that you disinfect your hands

Avoid touching your face or the mask – if you do touch it accidentally, wash / disinfect your hands

Temporary storage

interim storage possible, only with personalisation, hanging freely wherever possible, do not touch the outer surface with your hands or face

Changing the mask

in the event it gets wet, or after a maximum of 4 hours