



## INSTRUCTIONS FOR WEARING A PROTECTIVE MASK

### WEARING A PROTECTIVE FACE MASK IS RECOMMENDED IF:

- you are ill, e.g. you are coughing, sneezing or have a fever,
- you are in contact with affected individuals.

### RULES FOR THE USE OF PROTECTIVE MASKS:

- Put on the mask so that it fully covers your nose and mouth.
- Avoid touching the mask when you are wearing it.
- Change the mask for a new one when you feel it has become damp.
- Each time you touch used masks, wash or disinfect your hands.
- Do not reuse a disposable mask.

