

Correct use of cloth face coverings

When you put on a cloth face covering:

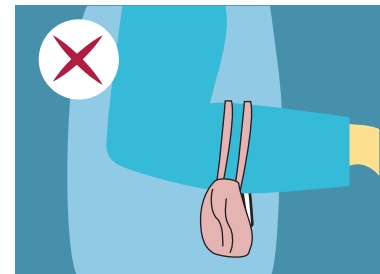
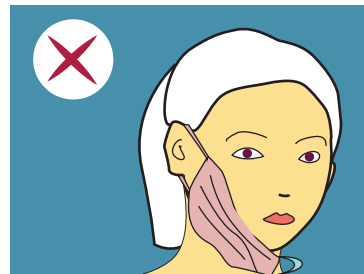
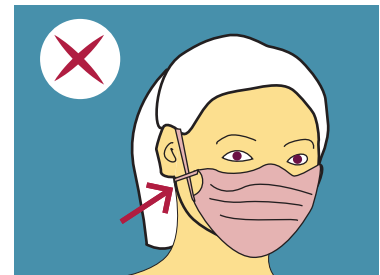
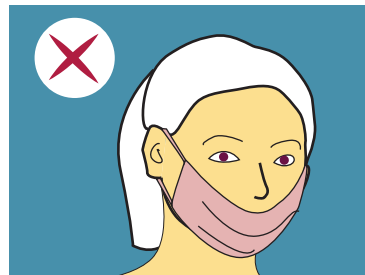
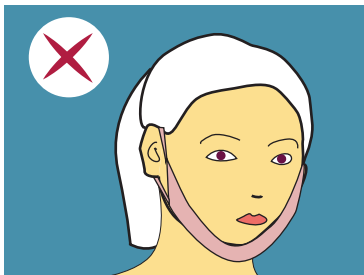


- Clean your hands before you put it on.
- Make sure that it sits tightly around your face and nose.



- Change to a clean one if it becomes damp, or if you remove it to eat, etc.
- Clean your hands after touching it.
- Put the used cloth face covering in a plastic bag until you can wash it.
- Wash it at 60 °C between each use.

DO NOT:

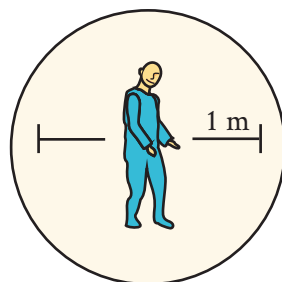


Unlike medical face masks, there are no quality standards for the production of cloth face coverings, and their filtering ability (degree of protection) is unknown.

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.