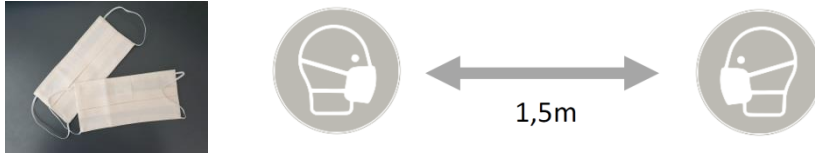


# Cleaning and handling instruction for cloth face mask (100% cotton)

In areas where 1.5 meters minimum distance to other people cannot always be maintained, please use a face mask to create a physical barrier to avoid or slow down virus transmission.

**Still, maintaining sufficient distance to other people is the most effective measure to protect yourself and others - even with mask!**



## How to put on

- ✓ Clean your hands with soap before touching the mask
- ✓ Hold the mask by the ear loops. Do not touch the inside of the mask.
- ✓ Place mask over chin, mouth and nose and place ear loops behind your ears. The mask should fit firmly around nose and chin and must cover nose AND mouth
- ✓ You can tighten the mask by shortening the ear loops by pulling on short pieces of a silicon tube (see separate instruction) or by inserting knots

## How to wear

- ✓ Avoid touching the mask while wearing it
- ✓ Keep mask in place! Do not move it for talking (or smoking, eating, drinking etc.)
- ✓ If the mask is wet or damaged: immediately replace it. Use a fresh mask every day

## How to take off and store

- ✓ Do not touch the parts that cover your face, use ear loops instead
- ✓ Store mask at a dry place
- ✓ Place mask in a way that the inside of the mask does not touch other surfaces
- ✓ Do not crumple, don't put mask in pockets of trousers/jackets etc.
- ✓ Do not use shared storage places. It always must be clear which mask belongs to whom (use individual storage place or mark masks...). Never use a mask if you're not 100% sure that it is yours
- ✓ Clean your hands after handling masks



## How to clean

- ✓ Store mask in a (laundry) bag until washing
- ✓ Washing machine: You can use *standard* washing powder and the *standard* 60°C program
- ✓ Do not wash your mask with masks of other people (except members of the same household): **Coronaviruses are effectively inactivated at 60°C using "normal" washing powder, other pathogens that might be present may survive 60° and might spread to other masks !**
- ✓ Do not use tumble dryer – let it air-dry thoroughly
- ✓ Do not put masks in oven or microwave – RISK OF FIRE
- ✓ Do not spray disinfection solutions on masks

