HOW TO MASK LIKE A PRO!

WHY EVEN BOTHER WITH MASKS?

Coronaviruses primarily spread via droplets. This includes sneezing and coughing. Covering your nose and mouth can help lower the risk of spreading the virus. Excellent!

WHERE DO I WEAR THE MASK?

Wherever you are likely to run into other folks e.g.
- public transport
- malls & shops
- at the doctor’s

DOES MY MASK NEED SPECIAL FEATURES?

- well fitted
- 2-3 layers of tightly woven cotton
- breathable
- drawing breath should still be easy and comfortable.
- washable
- heat & soap stop the virus from spreading
- minimum
- 60°C

Here’s a challenge: Are you able to blow out a candle with your mask on?

This should be a lot tougher to accomplish now.

By the way: Please leave N95- and surgical masks to medical professionals and wear reusable cloth masks instead.
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HOW DO I HANDLE & WEAR THE MASK?

1. Wash hands with soap.
   20 - 30 seconds

2. Does your mask fit?
   covers nose, mouth & cheeks
   pull it all the way down
   DO THIS!

3. CAN’T TOUCH THIS!
   Must resist the urge...

4. Change when damp.

5. Wash hands before you take it off.

6. Use the straps, don’t touch the front.

7. On the go: store used masks in an air-tight bag/container.

8. At home: wash hands & clean masks.
   wash at 60°C or above
   in the oven 30 min. at 80°C
   boil for 5 min.

Attention please!

Distancing - Hygiene - Covering

Take ALL MEASURES seriously.
It’s the only way.

Got it!

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