

## Instructions on the correct use of face masks

Soite recommends that persons over the age of 15 use either a disposable, so-called surgical face mask or a cloth mask when it is impossible to keep a safe distance of 1-2 meters: e.g. in public transport.

### Putting on a face mask



**1. Wash or disinfect your hands before touching the face mask.**



**2. Take hold of the mask's ties and draw them behind your ears on both sides of your face.** The creases on the outside of the mask should point down. **Do not touch the protective part of the mask!**



**3. Press the mask onto your nose.** In other words, shape the harder section at the upper edge of the mask so that the mask sits as tightly as possible against the forms of your nose.



**4. Pull the lower edge of the mask under your chin. Do not touch the mask after this!** A face mask can be worn for 1-2 hours or until it gets damp.

### Taking off and washing / disposing of a face mask



**1. Wash or disinfect your hands before touching the face mask.**



**2. Take the mask off with clean hands by grabbing hold of the ties. Do not touch the protective part of the mask!**



**3. If the mask is disposable put it in a plastic bag and then into a waste container.** If you have used a reusable cloth mask, put it directly into the washing machine. A cloth mask should be washed in 90 degrees.



**4. Wash or disinfect your hands after you have taken off the mask.**