

Instructions on the correct use of face masks

Soite recommends that persons 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.