

# When to wear a face mask?

When you are older than 12 years of age, **it is compulsory to wear a face mask**

- on the bus, tram and train, as well as at bus stops and in stations
- at school
- at work, if you are unable to maintain a distance of 1.5 metres

It is **recommended** to wear a face mask

- in busy places, such as shops
- when you come into contact with elderly or ill people
- if you are ill and come into contact with other people

# How to wear a fabric face mask?



**1** Always wash your hands before putting a face mask on.



**2** Never touch the inside of a face mask, only the ribbons.



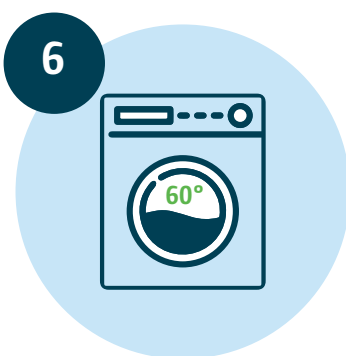
**3** Your nose, mouth and chin must be covered by the mask - and it must fit snugly at the sides.



**4** Once you are wearing a face mask, do not touch it.



**5** Always wash your hands before and after taking off the face mask. Put the face mask in the washing machine immediately.



**6** At the end of the day, the face mask should be washed in a washing machine at 60°C or boiled in a cooking pot.



If you do not have a face mask, wear a scarf that you wrap around your face twice. Make sure to also wash it at 60°C.