

# Face masks: I protect you - you protect me

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# How do you protect yourself and others?

1. Stay at home when you are sick.
2. Wash your hands often.
3. Keep 1.5 metres distance from other people.
4. Meet up with others as little as possible, but phone, chat or mail instead.
5. Are you in a public place (e.g. on a bus or train)? Cover your nose and mouth with a face mask.

## Why should you wear a facemask?

You use a face mask to cover your nose and mouth. When you sneeze, cough or talk, droplets fly around. The face mask blocks the droplets.

That way, there is less risk of making someone sick. Or that the droplets fall on something that other people touch.

## When should you wear a facemask?

You should **especially** do this

- in places where you cannot keep 1.5 metres distance. For example: in a shop.
- in places where there are a lot of people and where you touch things. For example: in a shop.
- if you have contact with vulnerable people. For example: people older than 65, people with problems with their heart, lungs or kidneys and people who are susceptible to infections.
- if you are sick. That way, you do not make the people you live with sick. If you are sick, you must also stay at home.
- if you take care of someone who is sick.

Who does **not have to wear a face mask**?

- children under the age of 12. They might use the mask the wrong way.
- people who cannot wear the face mask because they have a disease.

## How do you make a face mask?

You can read or see how to make a face mask here:

- [Instructions on how to make a face mask](#) (Dutch, English, French and German)
- [Instruction video](#)

## How do you wear a fabric face mask?

Watch the [video clip](#).

**Putting on** the face mask:

- First wash your hands thoroughly.
- Then put on your face mask. Only touch the ribbon or elastic band.
- Put the mask over your nose first. Attach the top ribbon securely.
- Pull the mask over your chin. Attach the bottom ribbon.
- Your nose, mouth and chin should be under the mask. There should be no opening at the sides.

**Wearing** the face mask:

- Are you wearing the face mask? Do not touch it any more.
- Is your mask not on properly? Then touch only the sides and adjust it.
- Do not continually take your mask on and off.

**Taking off** the face mask:

- Only touch the ribbon or elastic band.
- Have you taken it off? Then wash your hands thoroughly.
- Do you need to take off the mask for a moment? For example, to drink something. Then place it in a clean spot or put it in a bag that lets air through.  
Then clean the spot where you placed the mask.

## When should you use a new face mask?

- Use a new face mask every 8 hours.
- Is the mask dirty or damp? Then use a new mask straight away.

- Do you need to talk a lot? Use a new face mask every 4 hours. For example: for a teacher in the classroom.

## How do you wash a facemask?

- Place used face masks in a sealed cloth bag. Wash the bag with the mask.
- Wash it with detergent in the washing machine at 60°C with the rest of the laundry.
- Or boil it in a cooking pot. Only use the cooking pot for the face masks.
- Have you washed the face mask at too low a temperature? Then iron it at a high temperature.
- Have you touched a dirty mask? For example, to put it in the washing machine. Then definitely wash your hands thoroughly.
- Do you want to use the mask again? The mask has to be completely dry first. You therefore need two masks.

## How do you store a clean face mask?

- Put the cloth bag with the face masks in the same, clean place.
- Do you want to use a clean mask? Then wash your hands first. Only pick up the mask by the ribbons or elastic bands.
- Do not put your mask in the fridge or freezer. The cold does not kill the virus. The mask might contaminate your food.