Englisch

Kommunales Integrationszentrum Kreis Lippe

How a mask should be used

Source: www.infektionsschutz.de

Before putting on a mask:

Wash hands thoroughly (20-30 seconds) with soap.

How to wear a mask correctly:

1. **Cover your nose and mouth up to your chin** and make sure that the mouth and nose cover is as close as possible to the edges.
2. **Avoid touching and moving the mouth and nose cover while wearing it.** If so, wash hands thoroughly with soap and / or disinfect.
3. **When removing the mouth and nose cover, do not touch the outer sides if possible,** as pathogens can be found here. Grasp the side straps and carefully remove the mouth and nose cover.

After wearing a mask:

1. **Change the mouth and nose cover at the latest when it is moistened with the air you breathe.** Because then additional germs can settle.
2. **Wash hands thoroughly (20-30 seconds) with soap after removing.**
3. **Keep the mouth and nose cover airtight until washing (e.g. in a separate bag)** or, ideally, wash it immediately at **60 °C to 95 °C** with heavy-duty detergent in the washing machine or in a saucepan. Finally the masks must be dried completely.