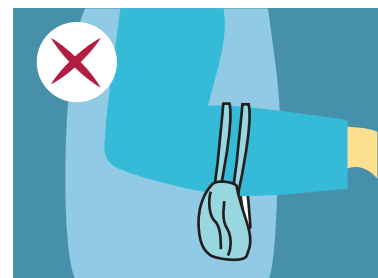# Correct use of medical face masks

When you put on a face mask:

- Clean your hands before you put it on.
- Make sure that it sits tightly around your face and nose.
- Use a face mask type I (type II should be reserved for healthcare workers).

- Do not reuse a face mask.
- Change to a new one if it becomes damp, or if you remove it to eat, etc.
- Throw the used face mask into a bin as soon as you take it off.
- Clean your hands after touching or removing it.
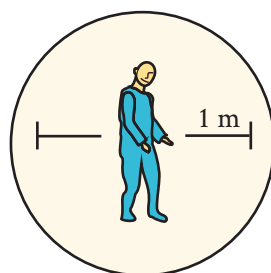
DO NOT:
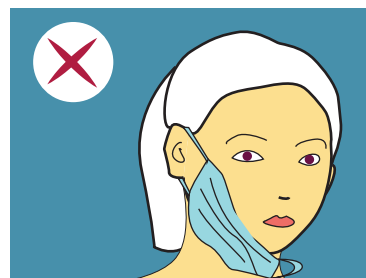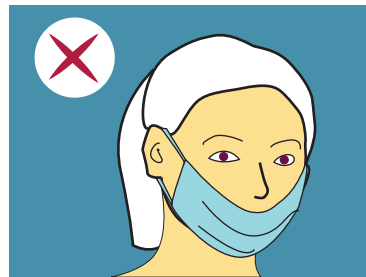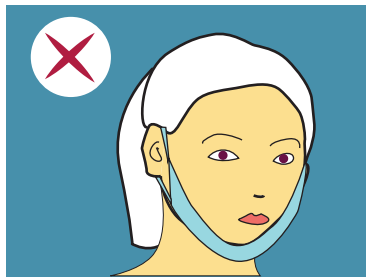
Face masks can prevent you from infecting others, and can reduce the risk of you becoming infected. If you use them incorrectly, you increase the chance that you can be infected.

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This always applies, also when using medical face masks/cloth face coverings:

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BE TOLERANT of others
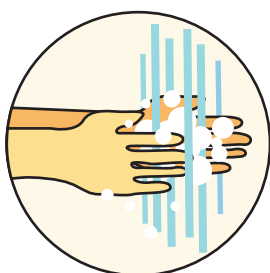
Clean hands well and often.

Keep a good distance to others.

Stay home if you are sick.

Some people choose to use a mask/covering, others cannot use them.