

Guidelines on Wearing a Protective Mask In Public and at Work

Together We Will Beat Coronavirus



1. Coronavirus is transmitted in droplets



2. A protective mask lowers the risk of infecting and of being infected



3. In public and at work people must wear protective masks, at home there is no need



4. The type of recommended mask for the public: a regular mask or a home-made mask



5. For a home mask, use densely woven cotton fabric that is not stretchy, (such as fabric of a percale or satin bed-sheet, folded into 3 layers)



6. It is important that the mask fit the nose and mouth tightly

Remember:

- ☑ Worn out masks, do not protect
- ☑ Check that the mask does not cause difficulty breathing.
Patients with heart or lung disease should exercise caution
- ☑ Wash hands after touching the mask to prevent transmission of the virus

