

# How to use a hygiene mask correctly

Since May 2020, shops, markets, museums, libraries and compulsory schools (kindergarten + primary and secondary schools) have been open again in Switzerland. In June 2020, most other places will also be allowed to reopen. Nevertheless, life is no longer as it used to be.

We are now living in a new normality: the corona virus must not spread further. All people in Switzerland must therefore continue to follow the rules:

- Everybody must keep their distance from other people, preferably more than 2 meters. This also applies if there are only two people together.

In some situations it is good to wear a mask that covers your mouth and nose, if:

- You cannot maintain a distance of 2 meters from other people. For example in public transportation (bus, tram, train).
- You are in a place where you must wear a mask. For example, at the hairdresser's.

## Notes on the masks

- A mask does not protect against infection from the corona virus.
- However, a mask can prevent an already infected person from infecting others. (It takes 5 to 14 days from the infection to the outbreak of the disease. A person who still looks and feels healthy may already be ill).
- People with beards can also wear a mask. It is important that your nose and mouth are covered.
- People with glasses can also wear a mask. The mask is worn tightly over the nasal bone. The glasses are to be worn over the mask.
- Children do not have to wear a mask.

## It is important that you use the mask correctly

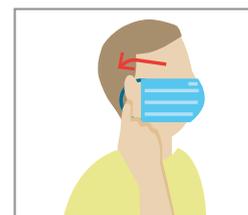
1. Always wash hands thoroughly before putting on and after taking off the mask.



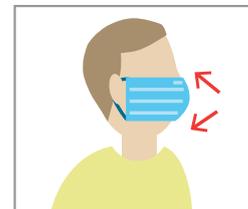
2. Grasp the mask by its sides or by the elastic loops or the straps and hold it in front of your mouth and nose. The inside of the mask is usually white, the outside is colored (e.g. green or blue). If present, the nose clip, which is a stiff and flexible rim, must be at the top.



3. Pull the loops behind the ears or knot the ribbons behind the head. The mask should fit close to the face.



4. Pull the mask onto the top of the nose bone and under the chin.



5. Press the nose clip (if present) tightly over the bridge of the nose.



6. That is how the mask fits properly.  
Important for spectacle wearers: first mask, then glasses.  
Chin beards and full beards can reduce the effectiveness of the mask.



7. Do not touch the mouth and nose cover while wearing the mask.



8. If the mask is damp from breathing air, it should be replaced.



9. Carefully remove the mask after use. Only touch the elastic loops or straps.



10. Dispose of the mask in the garbage bin immediately. Do not leave used masks lying around.

