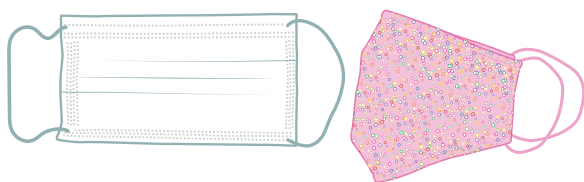




How do I use a non-medical face mask?

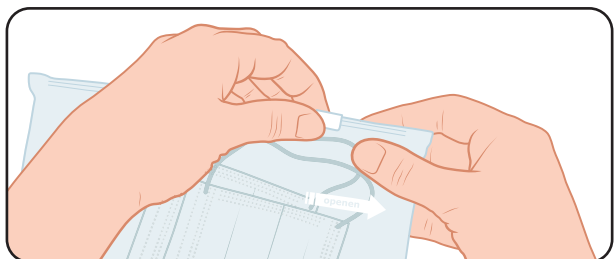


for medical use

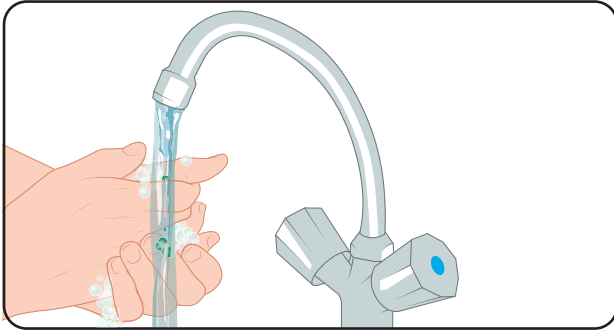
Two things in advance:

1. There are two types of masks you can use:
 - Single-use masks from the chemist's which must be thrown away after one use.
 - Home-made textile masks.

Do not use medical face masks. These are needed for healthcare workers. Medical face masks can be recognised by a CE marking or a medical claim, such as "For medical use".



2. Always bring two face masks with you in a sealed bag. One for the way there and one for the way back. Store clean and used face masks in separate plastic bags.

**Step 1**

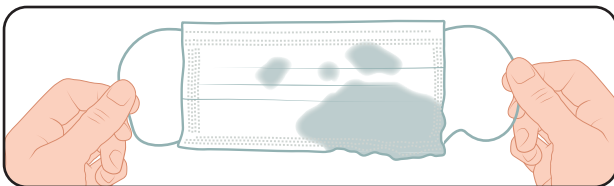
Before putting on the mask, wash your hands for 20 seconds with soap and water.

**Step 2**

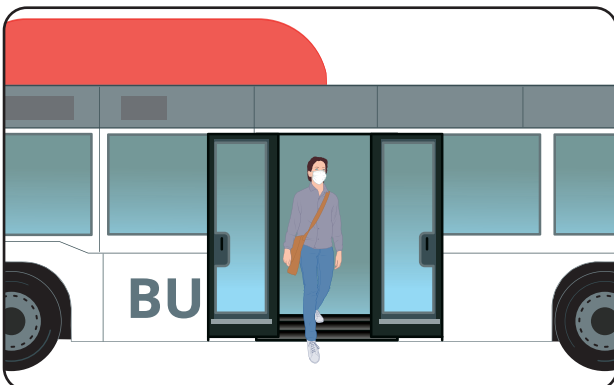
- Put on your mask a few minutes before you get on.
- Only touch the elastic or string when putting on the mask.
- Make sure the mask properly covers your nose, mouth and chin.

**Step 3**

- Do not touch the mask with your hands after putting it on.
- Do not move the mask up or down to eat, drink or speak.



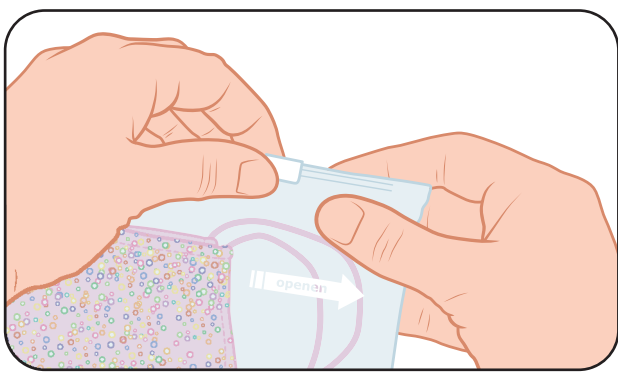
- Do not use the mask if the mask is wet. If it gets wet, use a fresh mask.

**Step 4:**

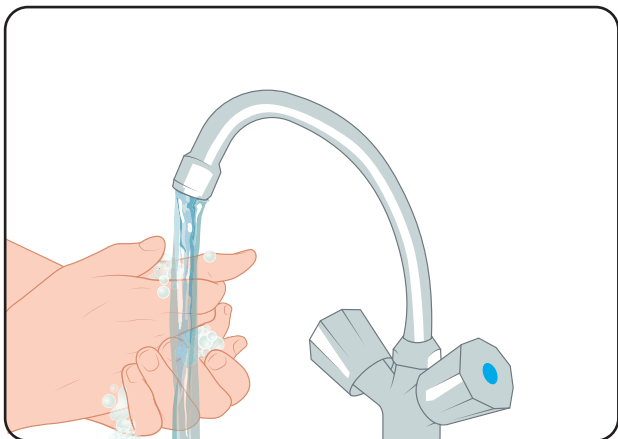
- Only remove your mask after getting off.
- Only touch the elastic or string.



- Throw the mask in a waste bin immediately or put it in a separate, sealed bag until you can dispose of it.

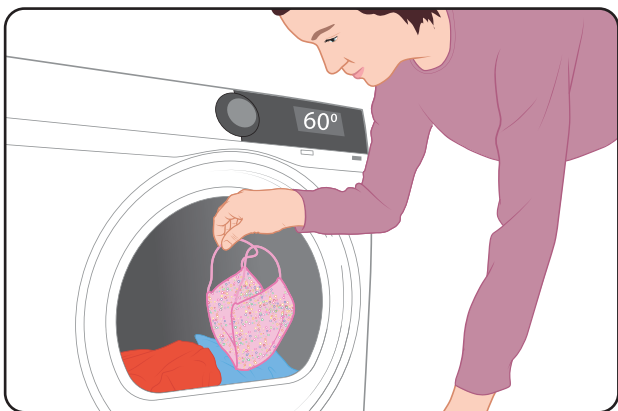


- Home-made masks should be stored in a sealed bag and washed at home.



Step 5

Always wash your hands with soap and water when you arrive at your destination and when you get home.



Step 6

- Home-made face masks should be washed in a washing machine at 60 °C. Select a long washing cycle.
- Wash your hands after putting the mask in the washing machine. And wash your hands before you take the clean mask out.

Meer informatie over niet-medische mondkapjes vind je op rijksoverheid.nl/mondkapje

**alleen samen krijgen we
corona onder controle**