



Recommendation for citizens regarding the use of face masks

The Metropolitan Area coronavirus coordination group recommends the use of face masks to everyone over the age of 12:

- ▶ In public indoor facilities at all times if the person is not fully vaccinated or if the person has not had COVID-19 within the last six months.
- ▶ In public transport and public indoor facilities with large numbers of people in close proximity to each other, such as public events, religious gatherings and restaurants.
- ▶ Outdoors during prolonged congestion.
- ▶ On the way to a coronavirus test and before receiving the test results if the person has a compelling reason to leave their home.
- ▶ In all situations where avoiding close contact is difficult.

Checklist for wearing a mask

- ▶ Make sure that you have as many masks as you need throughout the day.
- ▶ Carry a bottle of hand sanitiser and extra masks for changing, if necessary.
- ▶ Place the mask on your face well before using public transportation.
- ▶ Wash or sanitise your hands before putting on a new or clean mask.
- ▶ Make sure that the mask is placed tightly over your face and covers your mouth, nose and chin.
- ▶ Do not touch the mask or move it under your chin or onto your forehead while wearing it.
- ▶ If you touch the mask while wearing it, wash or sanitise your hands before and after touching it.
- ▶ Do not wear a used mask again.
- ▶ Replace the mask with a new one if it gets wet or dirty.
- ▶ Remove the mask by the straps with clean hands. Do not touch the outer surface of the mask when removing it.
- ▶ Place a disposable mask directly in a waste bin after use. Place a reusable cloth mask in a plastic bag or directly into a washing machine.
- ▶ Wash or sanitise your hands after removing the mask.
- ▶ Wash a cloth mask on a 60 °C wash cycle after every use or boil it for five minutes in water with a small amount of detergent. Rinse the mask and dry it in a place with fresh air.
- ▶ Wash new cloth masks before wearing them for the first time.