



# Recommendation for citizens regarding the use of face masks

People over the age of 15 are recommended to wear a face mask to protect others in the following situations:

- ▶ when using public transport (e.g. the metro, a bus, a train or a tram) where close contact cannot always be avoided
- ▶ on their way to having a coronavirus test sample taken and before the test results are ready, if it is necessary to leave home
- ▶ when arriving in Finland from a risk area and moving from the arrival point to quarantine, or if it is necessary to leave home during the quarantine period.

A face mask can also be worn in other situations in which avoiding close contact with other people is not possible. Do not wear a mask if it makes breathing unreasonably difficult or you have other health issues that prevent you from wearing a mask.

## 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.