Use of masks

How to put on a mask

1. Use hand sanitizer
2. Hold the mask by the ear loops and place a loop around each ear
3. Pinch the stiff edge to the shape of your nose
4. Pull the bottom of the mask over your mouth and chin

Avoid touching the front of the mask when wearing. Use hand sanitizer before and after if you need to adjust the mask.

How to remove a mask

1. Hold both of the ear loops and gently lift and remove the mask
2. Throw the mask in the bin for combustible waste (Swedish: Brännbart)
3. Use hand sanitizer