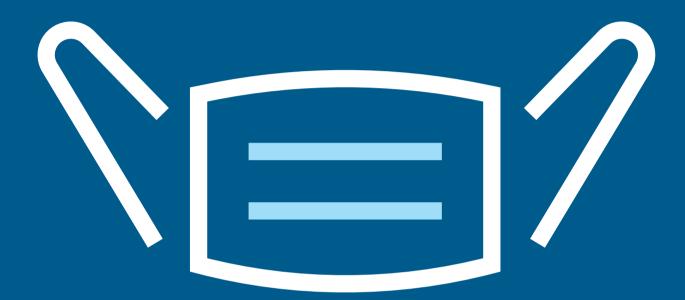# How to use a face mask

1. **Before: Clean your hands with soap and water or hand sanitiser**

2. **Find out which side of the mask is the front. It is usually the coloured side**

3. **Cover your nose and mouth with the face mask and secure it behind your ears**

4. **Make sure the face mask sits tightly against your face**

5. **Do not touch the face mask during use. Change it often and always put on a new one if it gets wet or dirty**

6. **To remove the face mask, take hold of the elastic bands, and do not touch the face mask itself. Dispose of immediately**

7. **After: Clean your hands with soap and water or hand sanitiser**

Remember that the best way of preventing infection is by following the general guidance issued by the Danish Health Authority. In certain situations, face masks can be used to provide extra protection against infection – if used correctly.

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