

# NET OUNI MENG MASK

**#NetOuniMengMask**

**MANUAL**



LE GOUVERNEMENT  
DU GRAND-DUCHÉ DE LUXEMBOURG

version 12/05/2020

# CORONAVIRUS COVID-19



Wearing a mask or any other means that effectively covers the nose and mouth is recommended whenever going outdoors and mandatory

- when you can't maintain the distance of 2m to people not living under the same roof as you;
- in public transport;
- in places that are open to the public.

## HOW TO USE A MASK:



### How to put it on:

1. Wash your hands.
2. Put on the correct side of the mask:
  - Disposable mask** - metal band for the nose upwards, folds to the outside and downwards
  - Alternative mask** - folds on the outside and downwards
3. Put the elastic bands around your ears.
4. Adjust the mask so that it covers the nose, mouth and chin.
5. **Disposable mask** - Align the metal strap with the bridge of the nose.
6. Make sure that the edges of the mask are aligned closely to your face and under your chin.
7. Wash your hands.
8. Refrain from touching the mask afterwards.



### To take off the mask:

1. Wash your hands.
2. Use the elastic bands to carefully remove the mask without touching the front.
3. If it's a single-use mask, throw it in the bin.
4. Wash your hands.

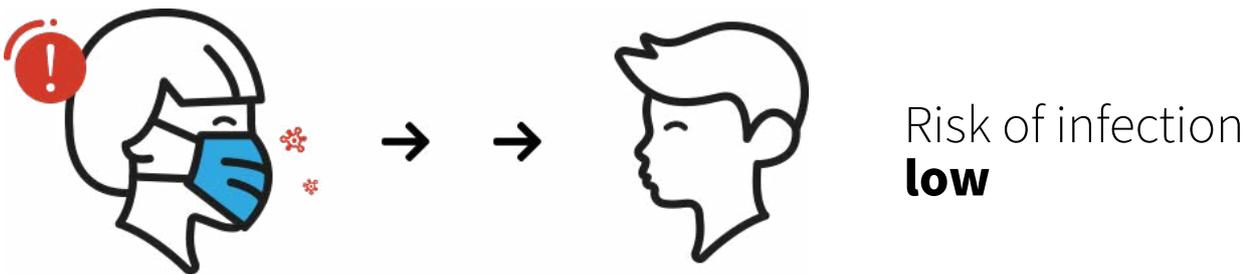
**Alternative masks** must be washed daily and at a temperature of at least 60°.

The French standardization agency (AFNOR) has published a description and a production guide for alternative masks: <https://masques-barrieres.afnor.org>.

Demonstration video and further information:  
**[www.notwithoutmymask.lu](http://www.notwithoutmymask.lu)**

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## MY MASK PROTECTS OTHER PEOPLE



The mask only protects you to a limited extent against infection, but your mask protects those around you. This helps you limit the spread of the virus in the population. Remember to especially protect vulnerable people.

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## DON'T FORGET THE USUAL PRECAUTIONARY MEASURES:



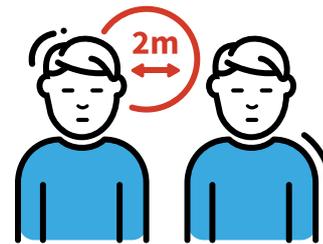
Wash your hands regularly and properly with water and soap.



Cough or sneeze into the crease of the elbow or in a tissue.



Avoid shaking hands or kissing.



Avoid close contact with people.



Limit interpersonal contacts and movements to the necessary.



Avoid touching your face with your hands.