

How to wear a face mask correctly

Face masks must be worn correctly to avoid spreading the virus and bacteria to yourself and others.

1. Wash your hands or use hand sanitiser before putting on the face mask
2. Find out which side of the mask is the front. For disposable face masks, it is usually the coloured side
3. Put on the face mask by holding the elastic ear loops. Make sure it fits tightly to your face and covers both your nose and mouth
4. Do not touch the face mask during use. Change it often and always put on a new one if it gets wet or dirty
5. Remove the face mask by holding the elastic ear loops, and discard it immediately. Put fabric face masks in a bag and wash them at 60 degrees. Only wear a face mask once, and then discard it or wash it
6. Wash your hands or use hand sanitiser after use

What type of face mask should I wear?

A type I face mask will protect others and yourself.

Wear a factory made CE marked disposable face mask if you are infected or at risk of being infected with novel coronavirus, if you wear a face mask because you are at higher risk, or because you are going to be with someone at higher risk.

In other situations, you can wear a good fabric face mask as an alternative to a disposable face mask.

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Use of face mask

In public areas



Wear a face mask in the following situations



If you are infected or at risk of being infected with novel coronavirus and have to leave your home, for example because you need to be tested



If you are travelling by public transport



If you are at higher risk of severe illness from COVID-19 and get into situations where it is difficult for either you or others to keep a distance of 2 metres, for example in a shopping centre, at a party or at a cultural event



If you visit someone at higher risk, who you do not live with, for example a person in a nursing home, consider wearing a face mask in those situations when you cannot keep a distance of at least 2 metres, for example when the person needs care or attention



In large crowds, for example demonstrations or parades, where it can be difficult to keep your distance

Always carry a face mask with you, so you can wear it when needed. Always try to follow the general guidelines: stay at home if you are sick, keep a distance of 1 or 2 metres to others and ensure good hygiene – also when you wear a face mask.

Who are exempt from wearing a face mask in public transport?

As a rule, face masks must only be worn by people who can put it on and take it off and where it fits tightly to the face.

The following persons may be exempt from wearing a face mask in public transport:

- Children under the age of 12
- People with difficulty breathing, reduced levels of consciousness or people with physical or mental impairments that prevent them from removing the face mask themselves
- People who have significant discomfort with wearing a face mask

Remember that there may be a good reason why a person does not wear a face mask, and that the cause is not always visible.

The face mask may be removed for example when you are eating or drinking, talking to people who are lip reading and in connection with identification, for example by the police.

Read more at www.sst.dk/en/English/Corona_eng/Face-masks or call the Danish government's hotline on tel. 70 20 02 33