

Dear Kortrijk citizen,

In collaboration with the cities and municipalities of South West Flanders, we are distributing high-quality and reusable face masks for every member of your family over the age of 12.

**Please read the instructions carefully.**

## WHY IS WEARING A FACE MASK HELPFUL?

- First of all, wearing a face mask protects the people around you.
- It restricts the transfer of potentially contaminated saliva droplets.
- If we all wear one, we are protecting each other.

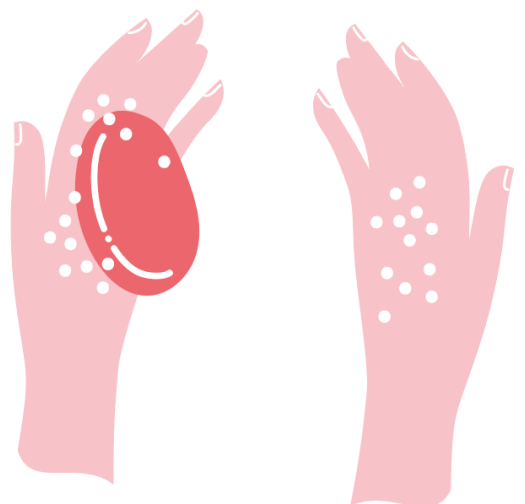
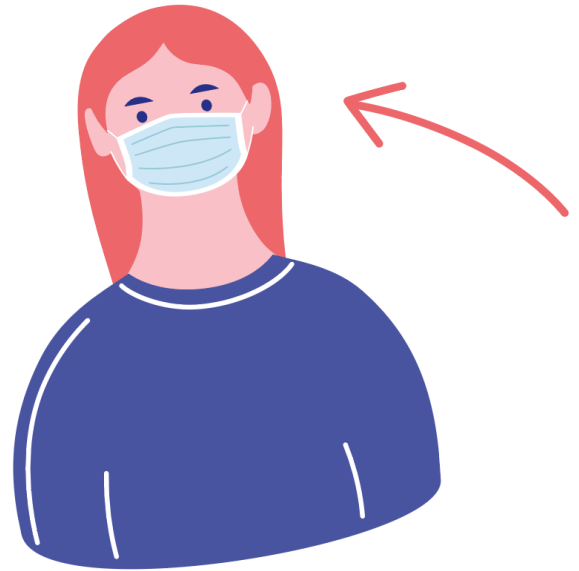
**Beware:** Wearing a face mask does not imply that you are fully protected. Therefore, it remains important to often wash your hands and maintain a safe distance.

## WHEN TO WEAR A FACE MASK?

- **As from 04 May**, wearing a face mask is **mandatory** in these situations:
  - on **public transport**, for travellers born in or before 2008
  - at **school**, for staff and students born in or before 2008
  - at **work**, if a 1.5 m physical distance cannot be guaranteed
- In other public places where you come into close contact with other people (such as supermarkets), wearing a face mask is **recommended**.
- In places where few people are around, you do not necessarily have to wear a face mask.

## HOW TO WEAR A FACE MASK?

- **Wash your hands before putting on the mask.**
- Make sure you know which is the inside and which is the outside.
- Make sure the mask covers your **nose, mouth and chin** and that it fits snugly to the sides of your face.
- Once you have put it on, **touch the mask as little as possible**.
- If the mask does not sit well, adjust it touching **the sides** only.

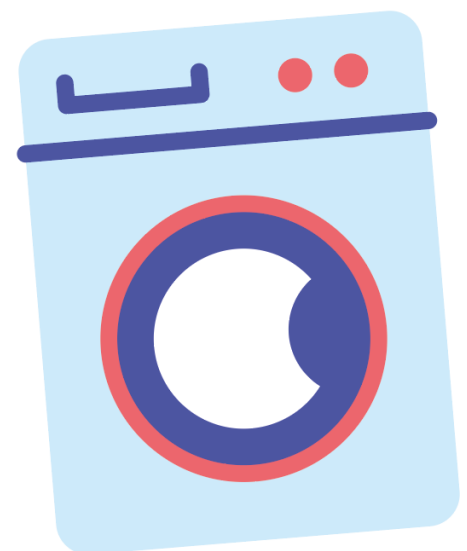
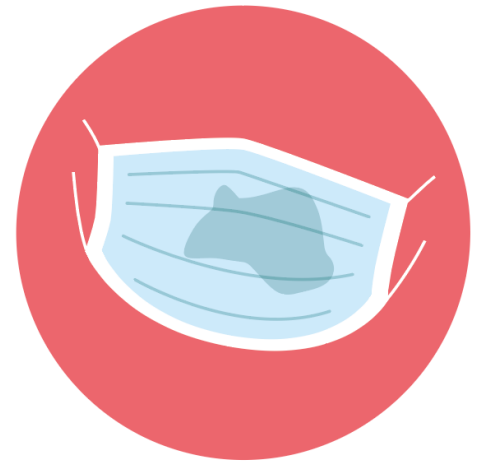


- Use the rubber bands or the ribbons to remove the mask.
- Wash your hands after removing the mask.
- If you need to take off the mask for a short time (e.g. to drink), put it in a clean place that can be cleaned afterwards or temporarily put your mask in a paper or linen bag.



## HOW TO MAINTAIN YOUR FACE MASK?

- **Clean the mask** as soon as it is visibly dirty or damp.
- Wash the mask every day after use:
  - **In the washing machine: at 60-70 °** using your usual laundry detergent (it can be washed with other laundry)
  - If you wash the mask at a lower temperature (e.g. by hand), **iron it at a high temperature afterwards**
- Make sure the mask is **dry before using it again**.
- Do **not** put the mask **in the fridge or freezer**: the cold will not kill the virus but you risk contaminating the food.
- After touching a dirty mask (e.g. to put it in the washing machine), immediately wash your hands.
- Do not leave face masks lying about: pick a fixed spot for your clean mask and preferably keep your dirty mask in a linen bag that you wash with the mask.
- If possible, replace your face mask after 20 washings.



You can also buy one in the shops.

## Do you still have questions?

On this website you will find a compilation of answers to all your questions: [www.kortrijk.be/corona](http://www.kortrijk.be/corona).

*Vertaling Nederlands-Engels.*

*Deze vertaling mag enkel verspreid worden met de originele brontekst*