**WHAT CAN I USE AS A MASK?**

My mask is a protection that covers my mouth and my nose.

For example: a scarf, a bandana, a shawl, as well as any cloth mask or medical mask.

**WHY AM I WEARING MY MASK?**

My mask only protects me in a limited way against infection, but by wearing my mask, I protect the people around me.

I wear my mask out of solidarity with my fellow citizens. If possible, I stay at home.

When I go outside, #NotWithoutMyMask.

**WHEN IS IT MANDATORY TO WEAR MY MASK?**

- When I can’t maintain the distance of 2m to people not living under the same roof as me.
- In public transport.
- In places that are open to the public.

**HOW DO I USE MY MASK?**

- The mask should cover the mouth and nose.
- Cloth masks should be washed after use at a temperature of at least 60 degrees.
- Single-use masks cannot be washed and must be discarded after use.

Demo and more information here: www.notwithoutmymask.lu

**WHAT ABOUT PREVENTIVE MEASURES?**

The mask is complementary to preventive measures. It is therefore important to wash my hands regularly and avoid close contact to other people.