

# CIPH: Recommendations for use of protective masks

Wearing disposable masks in public settings where safety distance cannot be maintained, such as public transport, grocery stores, or even in the workplace, can help reduce the spread of the SARS-CoV-2 virus. Masks can raise awareness of physical distance and health-conscious behavior.

## *People wearing face masks should strictly adhere to the following rules*



- masks should be used for personal purposes only
- it is necessary to continue to adhere to all prescribed health and safety measures, indicated in the recommendations of Croatian Institute of Public Health
- even while wearing a face mask it is necessary to maintain a physical distance of 2m



- while putting on the mask, care should be taken to always put the inside of the mask directly on the face
- one mask is worn by only one person; masks must not be shared
- before the first use of the cloth mask, the mask should preferably be washed or at least ironed with an iron adjusted for ironing cotton/linen materials



- wash your hands thoroughly with soap and water before putting on the mask
- cover your mouth, nose and part of the face, and try to fit it snugly against the sides of your face to reduce the flow of air outside the mask
- on the first use, make sure you can breathe easily



- a moistened mask needs to be replaced with a new and dry one
- there may be a virus on the outside of the mask; to prevent contamination of the hands, be sure you don't touch the outer part of the mask
- after careful removal, the mask should be placed in a well-sealed bag and/or washed immediately to prevent the formation of mold, it is not recommended to keep the mask sealed for a long period after removal



- masks should ideally be washed at 95 degrees or at - at least - 60 degrees after one use and afterwards should be thoroughly dried
- if there are manufacturer's instructions, they must be followed in full