

How to wash and store the mask ?

Wash the mask:

- Change your mask **every 8 hours** or every 4 hours if used intensive (for example for a teacher who gives lessons) or faster if it is wet or dirty.
- The cloth mask must be **washed after each use** .
- An additional filter can be placed between the fabric layers of some masks. Throw away the washable filters in the trash after use. If you are using a washable filter, see the washing recommendations below .
- Wash the mask in warm water with soap. You can also boil it with soap in a saucepan reserved for this purpose.
- Rinse the washed mask with clean water without detergent.
- Let the mask air dry .
- If possible, iron the mask .
- Ironing the mask is not enough! It does not replace washing.
- If you have touched a dirty mask , **wash your hands thoroughly afterwards** .
- The mask must be **completely dry** before being reused. It is therefore recommended to have at least two masks.

If you are using a washable filter:

- Preferably wash the filter, leaving it in the mask to avoid being in contact with any viruses present in the filter.
- Wash the filter after each day of use.
- Preferably allow the filter to air dry .
- **Please note: heat-sensitive filters must not be ironed or boiled! They could melt.**

Store the mask :

- Do not leave your masks lying around anywhere. Choose a clean place you use to keep the masks used, for preference in a cloth bag closed you can wash along the masks.
- Wash always hands prior to touching a clean mask and do not touch the inside of the mask.
- Do not put your mask in the fridge or freezer. Cold does not kill the virus .

CORONAVIRUS/COVID-19



LET PROTECT OURSELVES and PROTECT OTHERS .

Contacts

If you have questions about the coronavirus

In case of fever, cough, difficulty breathing

- dial 1510
- contact the University CMS
- www.covid19.cm

République du Cameroun

Paix – Travail – Patrie

Ministère de l'Enseignement Supérieur

Université de Maroua

Rectorat

Centre Médico-Social



B.P./P.O. Box : 46 Maroua
Email : rectorat@univ-maroua.cm
Site : <http://www.uni-maroua.cm>

Republic of Cameroon

Peace – Work – Fatherland

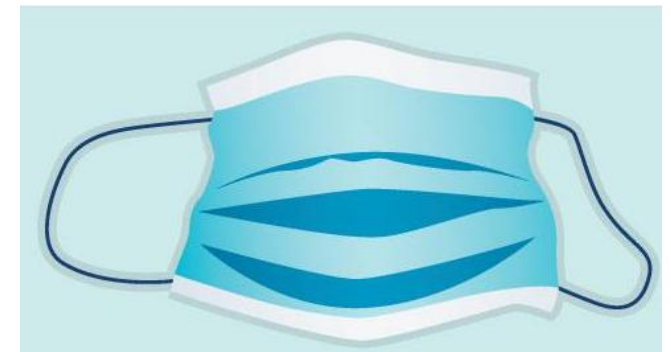
Ministry of Higher Education

The University of Maroua

Rectorate

Social and Welfare Centre

What we need to know about the correct use of a mask



**Better
prevent
than
cure**

The wearing of masks is made compulsory in Cameroon from April 13, 2020 by government decision

How to put on and take off the mask?

- **Wash your hands thoroughly with soap and water** before touching the mask. If you can not wash your hands, disinfect them.
- Take the mask by the elastic bands or the cords.
- Place the mask on the face, making sure it covers and fits properly to your nose and chin (no space between the mask and the face).
- Once you put the mask, avoid touching it.
- If the mask slips or is not securely fastened, only touch the sides or the fasteners to adjust or re-attach it . Wash or disinfect your hands afterwards.

Good wearing your mask

1. I wear my mask before leaving my house. before putting it on I wash my hands thoroughly with au and soap or hydroalcoholic gel

2. The mask should cover my nose, my mouth, my chin. It must be well adjusted to avoid openings as much as possible

3. Outside, I don't touch my mask and I don't take it off

my mask can be worn for a maximum of 3 hours continuously

When I come home:

1. I wash my hands before removing my mask / screen

2 I gently remove my mask from the back (elastic ribbons, knots ...). I avoid touching the exposed part of the potentially infected mask

3. I wash my hands again

- Remove the mask by taking it by elastic bands or cords, without touching the outside of the mask.
- **Then wash your hands thoroughly .**
- Wear the same mask **for a maximum of 8 hours** . Replace it more quickly if it is wet or dirty.
- If you want to temporarily remove the mask, for example for drinking :
- ✓•Keep it in a clean place, put the mask upwards, or in a paper bag (an envelope for example), reserved for your use.
- ✗•Do not put it in your pocket or purse ! When putting the mask back on, be careful not to confuse the inside and the outside.
- ✓•Avoid to remove and recover the mask too often.
- ✓•Do not wear the mask under your nose or under your chin (! Risk of Contamination!).

During a pandemic like coronavirus

No jewelry, no watches, no false nails

natural nails cut, no polish nails

Indeed all retain the virus. These are virus nests

#covid19
#confinement
#distanciation

Source : **Bonjour santé sur canal plus.**

agir vite
www.agir-vite.com

How to wear your mask ?



COVID19

How to wear your tissue mask



Contacts

If you have questions about the coronavirus
In case of fever, cough, difficulty breathing

- dial 1510
- contact the University CMS
- www.covid19.cm