COVID19 - SURGICAL and BARRIER masks  
(not for specific purposes in the laboratory)

<table>
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<tr>
<th>Public health authorities are in charge of it in a period of health crisis, during which wearing this mask is mandatory or advised</th>
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<td><strong>Who supplies it?</strong></td>
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| **What kind of mask?** | A surgical mask  
NF EN 14683 standard  
Surgical mask credit INRS | A « general population » mask category 1 UNS1  
Mandatory marking « garanteed filtration » or « minimum filtration 90% »  
Tested under DGA specifications |
| **Where to wear it?** | In mass transportations and wherever it is recommended  
At your workplace, **whenever you are at least 2 in the same room, and keeping a distance of at least 1 m (3 feet)** between each others – or a safe area of 4m² (45 sqf) per person |
| **Why to wear it?** | Protect others from a contamination you would carry  
Wearing a mask is one of the sanitary measures on the workplace among the other barrier gestures |
| **How to wear it?** | Read the following figure and remember these basic instructions:  
→ Wash your hands with water and soap or use a hydro-alcoholic solution before putting on and after removing the mask  
→ Hold the mask by its strings to put it on  
→ Be sure the mask is fitted and covers mouth and noze  
→ For removal : release strings to remove the mask from your face. Do not touch the interior or the exterior of it |
**What to avoid?**

- Do not:
  - Touch it or adjust it once it is fitted
  - Place it on your front or on your chin in a standby position
  - Store it in your pocket or in your bag after wearing it

**When to change it?**

- When drinking or eating
- If the mask is getting wet
- If the mask is damaged
- As soon as you wore it for **4 hours**, it must be removed and changed

**The alternative mask** can be reused after washing, considering you follow the instructions of the supplier, particularly on the total number of use. While waiting for washing, store it safely in a plastic bag.

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**PROTECT YOURSELF AND OTHERS**

- Wash your hands regularly with water and soap or use a hydro-alcoholic solution
- Wear a surgical mask or a barrier mask category 1 as soon as you are at least 2 in the same room
- Whenever you cannot wear a mask stay at a distance of 2 m (6 feet) between each others
- Cough or sneeze inside your elbow or use a tissue
- Use a disposable handkerchief and throw it away
- Greet one another without shaking hands or kissing each other
- Avoid touching your face
- Cut down live meetings to strictly necessary and keep a limit to 6 people in room
- Open windows of unventilated places very often. Minimum few minutes every hour
- Use digital tools. (TousAntiCovid)