







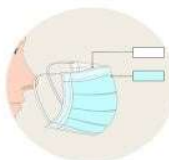
COVID19 - SURGICAL and BARRIER masks (not for specific purposes in the laboratory)

Public health authorities are in charge of it in a period of health crisis, during which wearing this mask is mandatory or advised			
Who supplies it?	Purchased commercially or distributed at workplaces		
What kind of mask?	<table border="1"> <tr> <td> <p>A surgical mask</p> <p>NF EN 14683 standard</p>  <p>Surgical mask credit INRS</p> </td> <td> <p>A « general population » mask category 1 UNS1</p> <p>Mandatory marking « <i>garanteed filtration</i> » or « <i>minimum filtration 90%</i> »</p>  <p>Tested under DGA specifications</p> </td> </tr> </table>	<p>A surgical mask</p> <p>NF EN 14683 standard</p>  <p>Surgical mask credit INRS</p>	<p>A « general population » mask category 1 UNS1</p> <p>Mandatory marking « <i>garanteed filtration</i> » or « <i>minimum filtration 90%</i> »</p>  <p>Tested under DGA specifications</p>
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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 4m ² (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?	<p>Read the following figure and remember these basic instructions:</p> <ul style="list-style-type: none"> → 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 		

How to put on my surgical mask ?



I wash my hands



I set my mask into the right position - nosepiece on top, white side to skin



I attach the upper string of the mask



I pinch the stiff edge to shape it to my nose



I attach the bottom string of my mask



I only touch the strings to remove it



I discard my mask and wash my hands

Crédit images : WikiHow & INRS

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.

Warning : this mask is no substitute for the barrier gestures.

It only adds a physical barrier, when you are in close contact with other people

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)