

OUR RECOMMENDATIONS

WHEN PUTTING ON AND TAKING OFF MASKS



The mask should cover your mouth and nose completely.
Adjust it so it fits properly.



Hold the outside with the palm of your hand.



With the other hand, place the straps on the back of your head above your neck or behind your ears.



Adjust the straps: the bottom one on the back of your neck and the top one on the back of your head or behind your ears.



Remove the mask if breathing becomes difficult.



Remove the mask by the straps only.

Images by TEAyudamos (Fuenlabrada University Hospital)



Resuming activities SAFELY

Taking care of Companies | Taking care of People