

OUR RECOMMENDATIONS WHEN USING MASKS



FFP2 masks (also known as respirators)

They protect the wearer from inhaling pollutants or infectious agents.

They are recommended for workers exposed to infected or potentially infected people (healthcare and social workers).



Surgical masks

They prevent transmitting infectious agents to third parties, but they do not prevent infection.

They are recommended if you have COVID-19 symptoms and when you cannot keep a distance.

A mask does NOT provide enough protection by itself.
You need to take further precautions (such as washing your hands).

If wearing a mask is too uncomfortable, **adopt strict respiratory hygiene measures:** cover your nose and mouth with a disposable tissue when coughing or sneezing. Discard it and wash your hands immediately.

Images by TEAyudamos (Fuenlabrada University Hospital)



Resuming activities SAFELY

Taking care of Companies | Taking care of People