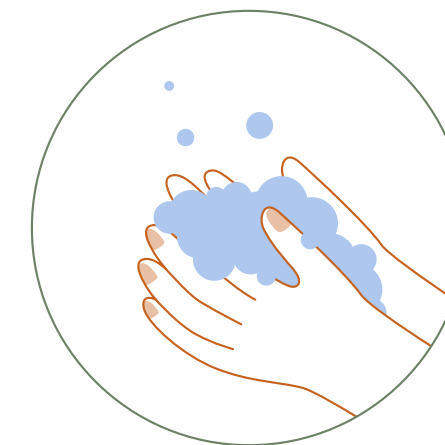


HOW TO PROPERLY WEAR A FACE MASK

It is important to use face masks that can be reused and that can be washed as many times as possible, as this allows us to generate less waste and thus reduce the environmental impact.

How to put on, use, take off and wash a reusable face mask



Wash your hands



Place the mask

over your mouth and nose with the metal strip on top, around the bridge of your nose.

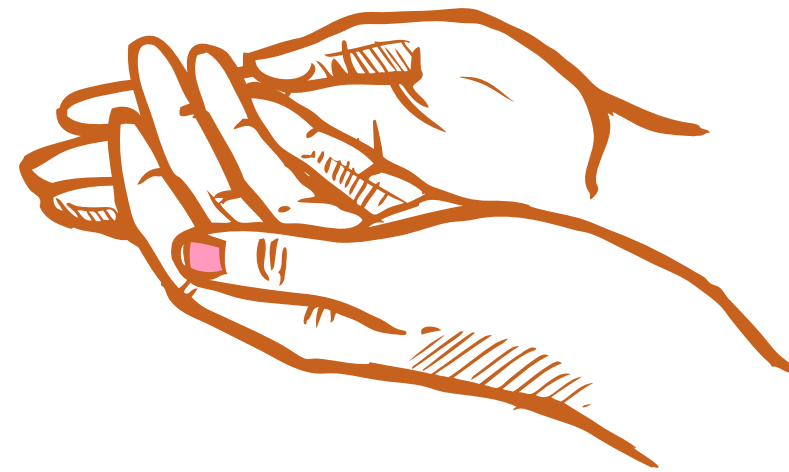


Pull the ear loops

behind your ears.

HOW TO WASH YOUR HANDS IN 4 STEPS

To properly disinfect your hands, you should wash them for at least 40 seconds.



Step 1

Wet your hands and apply enough soap to cover them.



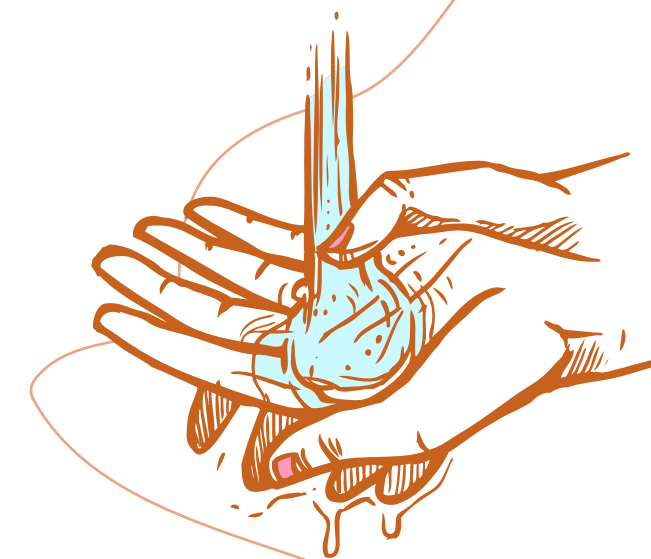
Step 2

Rub the palms of your hands, interlock your fingers, rub the back of the left hand with the right hand and vice versa.



Step 3

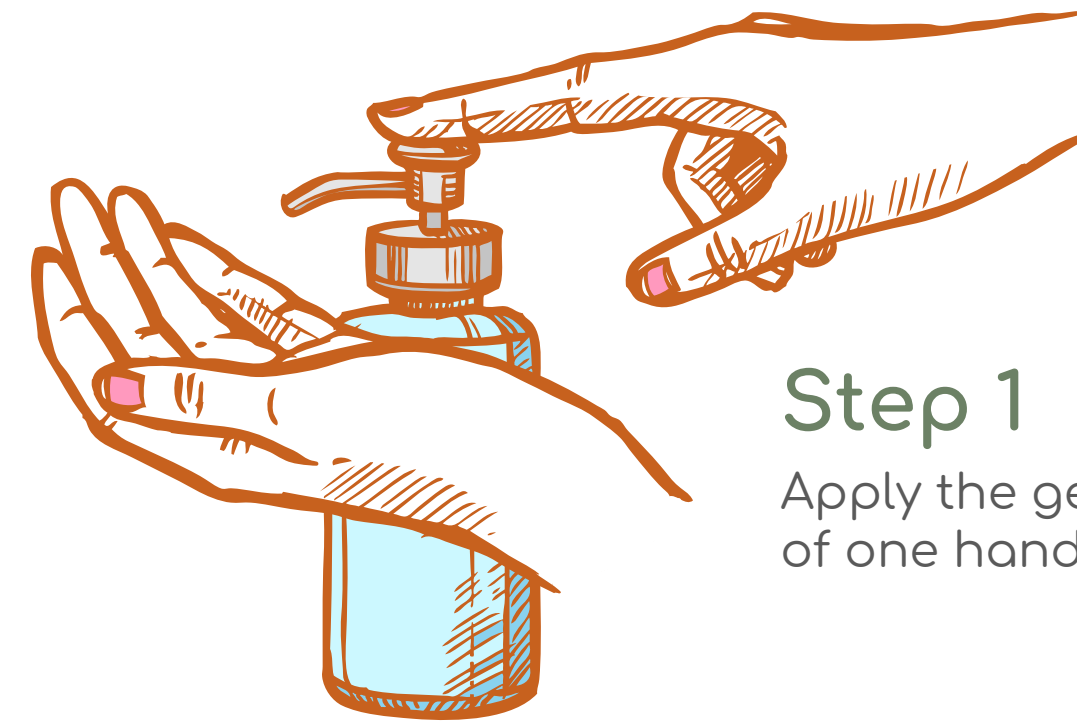
Grasp each thumb with the other hand and rotate the closed hand around the thumb to cover it with soap.



Step 4

Rinse your hands.

HOW TO USE HAND SANITIZER



Step 1

Apply the gel to the palm of one hand.



Step 2

Rub your hands together.



Step 3

Rub the gel over all the surfaces of your hands and fingers until they are dry. This should take about 20 seconds.