

Correct mounting

<https://www.youtube.com/watch?v=nKN6LVjdGsk>

Facemasks must be used correctly to prevent the spread of viruses and bacteria to yourself and others.

1. Before use: wash your hands or use hand sanitiser.
2. Find out which side of the mask is the front. It is usually the coloured side.
3. Put on the facemask by taking hold of the elastic ear loops. Make sure the facemask sits tightly against your face and covers your nose as well as your mouth.
4. Do not touch the facemask during use. Change it often and always put on a new one if it gets wet or dirty.
5. Remove the facemask by taking hold of the elastic ear loops and dispose of the used mask immediately. Do not reuse a facemask – throw out disposable facemasks.
6. After use: wash your hands or use hand sanitiser.

FAQ

Facemasks are handed out at the entrance of the lab and are to be disposed at the end of the exercise. Dump the mask in the bin. Use only masks of the delivered type. If you sneeze or the mask gets wet then change it. Disinfect your hands before and after you touch the mask.

Wear the facemask throughout the exercise even though you have to leave the room temporarily. Disinfect your hands if you need to lower the facemask when drinking or alike. If the exercise last more than four hours and is interrupted by a lunch then change the facemask at lunch.

For how long may I use a facemask?

You can use a dry facemask for at least four hours or how long the exercise takes. There is no health risk for the wearing person of using a facemask for several hours.

The primary reason of wearing a facemask is to protect your fellow students in case of you are in the early stage of an infection before any clinical symptoms show up. Many young people will not experience clinical symptoms and could consequently infect others without knowing it. Please note that hand hygiene, disinfection and distance to opponents are better preventive actions than facemasks by itself.

May I be exempt from wearing a facemask?

Students with respiratory disorders or alike may apply for exemption of wearing a face mask. Apply at mitstudie.au.dk with a documentation from your medical doctor. If approved, a declaration will be issued, which can then be presented to the teacher. The exercise will be arranged such that a 2 m distance can be kept.

My goggles or glasses steam up, what do I do?

The cause is humid breath that passes your mask and hit the glasses. Wash your glasses in soap or tape the mask with a skin tape just beneath your glasses. You may find more advices here:

<https://health.clevelandclinic.org/how-to-keep-your-glasses-fog-free-while-wearing-a-mask/>

Keep yourself updated: <https://medarbejdere.au.dk/en/corona/faq-for-students/>