



How to choose a fabric mask

- When wearing a mask, make sure you can breathe through it easily
- Do not use ones which only have one layer
- Choose fabrics which can be washed in high temperatures regularly
- WHO requested research on composition of fabric masks, which identified that the fabric mask should have the following layers, type of fabrics and composition:
 - an inner layer of absorbent material, such as cotton
 - a middle layer of non-woven material, such as polypropylene
 - an outer layer of non-absorbent material, such as polyester or polyester blend

