

# 日衛連NEWS

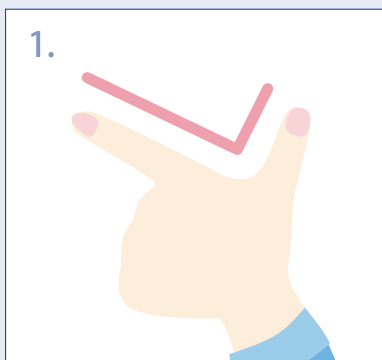
Japan  
Hygiene Products  
Industry Association

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## Points to consider when choosing the right mask for you

Since the variation of masks, such as function, size and color, has increased, it is fun to choose a mask. Basically, when the mask covers your nose, mouth and chin, and fits your face, it's a right one for you from a functional perspective. Pick up your favorite mask based on the criteria, such as whether it is not too large or small and not stifling.

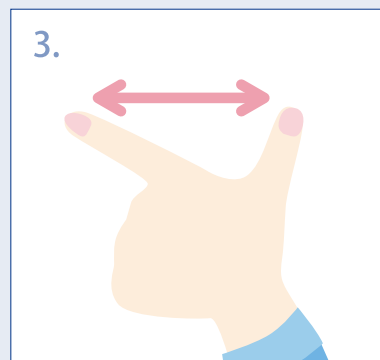
### ■ Find the size which fits you best



Make a letter "L" with thumb and index finger.



Keeping the "L" made with the fingers, put the tip of the thumb at the upper part of the ear and the tip of the index finger 1cm below the base of your nose.



The length between the thumb and the index finger determines your size.

### Recommended size according to the measured length:

children : 9~11cm

small : 10.5~12.5cm

medium : 12~14.5cm -large : 14cm ~

## Points for putting on a mask

There are three points when wearing a mask: “Check the front and reverse of the mask”, “if the mask has a wire, mold it to the shape of your nose”, and “extend the mask with pleats to cover your chin.”

### How to put on a mask ①:

**Make sure the front and back and the top and bottom sides of the Mask.**

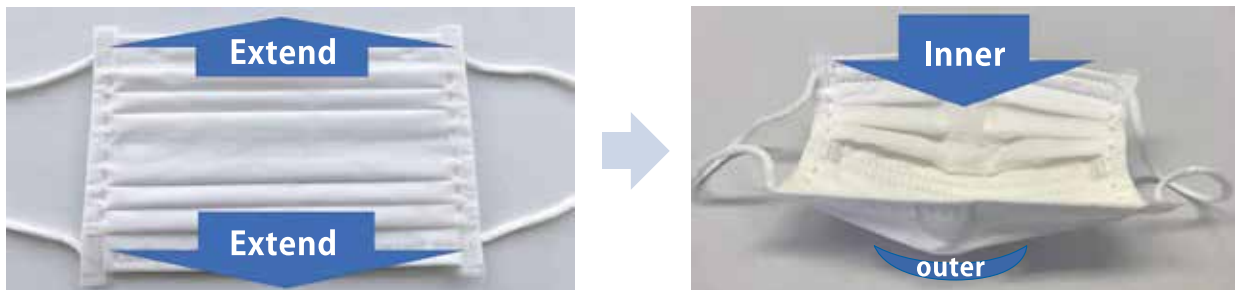
#### Common mistake you make about the front and back of the mask

Pleated masks have various types by makers, thus to orient the mask, check the instructions on the back of the package to determine the sides. If the mask has a wire, the side with the wire is top, and if it doesn't, either side is fine.

**There are some ways to determine the front and reverse sides of the common pleated masks.**

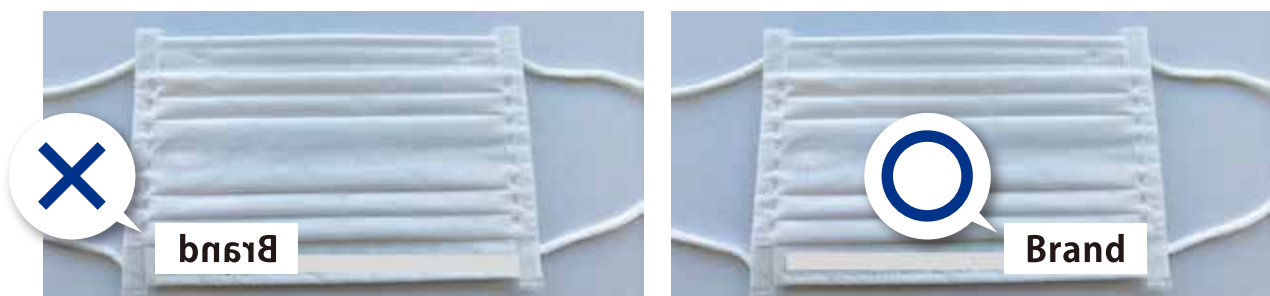
#### ★How to determine ①: Expand the mask

Extend the pleated mask vertically,  
and the dented side is “inner side” (which touches your face.)



#### ★How to determine ②: Masks with a logo (name) should be on the outer side.

Masks with a logo such as a brand name should be placed outer side to allow others to read it easily.



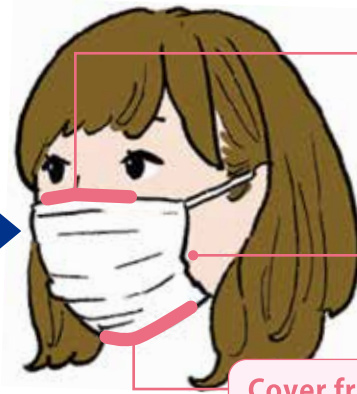
If you see the logo or brand name unreversed, that is the right front side.

## How to put on a mask ②: It is best to wear it without space

Cover your nose, mouth and chin completely. You wear a mask to prevent pollens, so if there is space, pollens are allowed to enter.

If you chose a mask with a wire, it is really important to wear it correctly, such as making it fitted to the contour of your nose.

And make sure there isn't space at both cheeks.



Make it fit to your nose

Make sure there is no space.

Cover from nose to chin

## Be careful about where to put and how to dispose of your mask ~ Common mistakes you make with masks

A lot of pollens are adhered on a mask. After you remove your mask, put it in a bag or wrap it in a tissue paper and dispose of it to prevent the pollens adhered on the surface from scattering around.

Otherwise, these pollens can attach to others such as your family and colleagues.



## Changing masks daily is recommended.

Masks are for anti-pollen. Masks worn throughout the day have a lot of pollens adhered on the surface. Since you use masks for blocking pollens, change it with a new clean one daily. If you use a washable mask, wash it daily. Using the same mask the following day is of almost no help for preventing pollens.

## You can easily check the product quality with this mark!

Since masks contact with the skin, you should stick to the quality as well as functions. Products with the "Japan Face Mask Industry Association: Member's Mark" are manufactured based on the product standards for security, such as quality control and manufacturing management. This mark is labeled on the package, so check it out at the time of purchase.

