

## Information on the makeshift mouth-and-nose mask

The makeshift mouth-and-nose mask is neither a medical device nor personal protective equipment. Despite these limitations, suitable masks as garments can help control the rate of breath flow or droplet ejection, e.g. when coughing, to reduce and to support the health-related mindful handling of oneself and others. In this way, the masks or their wearers can contribute to reducing the further spread of SARS-CoV-2. Self-made masks primarily protect other people. The more people wear masks, the better we are all protected.

### HINTS:

- Wash hands thoroughly before putting on and taking off.
- Ensure a good fit and seal.
- If the mask is touched while wearing, wash your hands thoroughly.
- When removing, only touch the rubber bands if possible.
- After each use, boil the mask in a water bath for five minutes or wash it at at least 60 ° C and let it dry before the next application.

### 1. Put on the mask

Wash or disinfect hands thoroughly (30 seconds) with soap. Place the elastic band on the left and right over the ears or fasten the mask with ribbons. The mask should cover the nose, mouth and chin. Self-protection is improved if the mask is close to the face. The mask should fit comfortably, but slip as little as possible by adjusting the shape and fixation with the rubber bands behind the ears or the bands on the head.

### 2. Wear mask

Wearing a mask does not replace the general recommended hygiene rules! Therefore: keep your distance, wash your hands regularly and do not touch your face. Avoid touching the mask, as both the front and back can be contaminated and spreading from smear infection could result. If the mask is touched: Wash hands thoroughly (30 seconds) with soap or disinfect.

### 3. Remove mask

After wearing, it must be assumed that the mask could be contaminated with viruses and that spreading from smear infection could result. Remove the rubber band from the ears and if possible only touch the mask by the rubber band. If the mask is attached to the head with ribbons, open the lower ones first. Then clean according to the cleaning instructions. Wash hands thoroughly (30 seconds) with soap and disinfect.

### 4. Clean the mask

The mask should be cleaned after each use. Boil on the stove in a water bath for 5 minutes. Alternatively, wash in the washing machine at at least 60 - 90 ° C. Dry before using again.