User instructions

for mouth and nose masks (»community masks«)

Please clean the mask before the first use!
This is recommended to prevent the use of a possibly already contaminated mask (see 4.: Cleaning the mask).

1. Put on the mask

- **Wash hands thoroughly** (20-30 seconds) **with soap** or disinfect to avoid contaminating the inside of the mask when putting on.
- Put the rubber loops over the ears or fasten mask with head straps.
- **Ensure a good fit and seal:** The mask should cover your nose, mouth and chin, be pressed against the nose by the sewn-in wire and **fit as tightly as possible** at the edges to minimise air intrusion. A good fit also reduces the risk of the mask slipping when worn.

2. Wear the mask

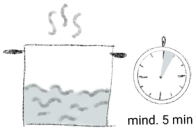
Please note: The wearing of a mask does not replace the generally recommended protective measures: Keep distance (at least 1.5 m), do not touch your face, and wash your hands regularly.

- **Avoid touching the mask** as both the front and back of the mask may be contaminated. A spread through smear infection can thus be prevented.
- **If the mask has been touched:** Wash hands thoroughly (20-30 seconds) with soap or disinfect.
- **If soaked, the mask should be removed and, if necessary, replaced.** For this case we recommend that you carry a second mask with you to change it (see 3.: Removing the mask) and only use the soaked mask again after cleaning (see 4.: Cleaning the mask).

3. Remove mask

- **Touch only the rubber loops or head straps** if possible**.**
- **Avoid touching the mask** as both the front and back of the mask can contain pathogens.
- If the mask is attached to the head with straps, open the lower ones first.
- Store the used mask in an airtight bag or similar and clean it promptly (see 4.: Cleaning the mask) .
- **Wash hands thoroughly** (20-30 seconds) **with soap** or disinfect.

4. Clean mask



- After each use or longer break in use
  - **boil** at **>95°C** for at least **5 minutes** or
  - **wash** in the **washing machine** at least at **60°C**.
- Afterwards **allow it to dry completely** and store in a dry place to avoid mould formation.

Important note

Homemade masks are not medically tested or certified. The use is the responsibility of each individual. The benefit of homemade masks is most likely to protect others by reducing the spread of potentially viral droplets. If many people wear a mask, the risk of infection can be reduced for everyone. However, the scientific evidence for the benefits of masks remains uncertain. We therefore exclude any form of liability even if these instructions for use are strictly adhered to.

These user instructions have been reviewed by Prof. Dr. Lutz Jatzwauk, Head of the Central Department of Hospital Hygiene and Environmental Protection, University Hospital Carl Gustav Carus Dresden.

Sources: BfArM, RKI, WHO. The links to the sources used can be found on: www.maskefuerdich.de.

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