

Instruction leaflet for temporary masks

Why should I wear a mask?

Attention: Wearing this mask does not protect against infection with the coronavirus! However, it can reduce the risk of other people being infected by you. The mask can also protect against smear infections in the mouth and nose area if you accidentally touch your face.

What else should you consider?

Even if you are wearing a mask now, please do not forget general hygiene measures such as minimum distance, coughing and sneezing into the crook of your arm and regular hand washing or disinfecting!

How do I put the mask on correctly?

Wash your hands thoroughly for at least 20-30 seconds, this will above all rinse most viruses from your hands. In addition, the corona virus has a lipid coating, which is particularly vulnerable to commercial soap.

The masks are already washed, but should be washed or boiled again before wearing them for the first time (see below).

The masks have been tested by us, but check for holes before wearing.

Cover mouth and nose tightly and, if available, adjust the metal frame to the shape of the nose. The mask should allow air to pass through it, not only next to the mask.

Pull the rubber over the ears or knot the fabric bands behind the head

Check: Does the mask fit tight? Do I get good air?

(If your glasses fog up, the mask should be fitted better to your nose and be looser at the chin)

How long can I wear the mask?

Masks should be washed at the very latest after one day of use, or until it becomes soaked through with moisture.

How do I remove the mask correctly?

You should be particularly careful not to touch any surfaces. When taking the mask off, touch only the straps and place it directly into a sealed waterproof bag, or wash it directly.

Afterwards it is important to wash or disinfect your hands!

How do I clean the mask?

For cleaning, the mask must be boiled for 5 minutes or washed at 60°C.

Source: https://www.rki.de/SharedDocs/FAQ/NCOV2019/FAQ_Mund_Nasen_Schutz.html



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