

Masks in our daily lives: hygienic and safe use



Self-made
face mask
**private use &
to protect others**



Medical
face mask
**to protect
others**



FFP2 or FFP3 masks
With valve: **to protect yourself**
Without valve: **to protect
yourself and others**

Why?

- Prevent uncontrollable spread of potential infectious droplets during talking, coughing or sneezing.
- Further reduction of COVID-19 spreading.

How?

Before use
Disinfect your hands or
wash with soap

at least 30 sec.



**Place mask properly over
mouth, nose, cheeks.**
Mask should fit tightly

Replace mask immediately
if it becomes soaked



Use straps when
removing mask

Afterwards, disinfect your
hands or wash with soap

at least 30 sec.



Material

Double-layer cotton fabric (test beforehand if you can breathe well).

Cleaning



• Self-made masks

- After each use: transport separately and clean promptly
- Washing machine: at least **60 degrees**; or boil in pot for **5 min.** (remove metal parts if necessary)



• Medical face masks and FFP2/3 masks

- Discard soaked products
- Follow current recommendations*

* Disposable products are generally not suitable for reprocessing. Exemption for the health sector until 31 August 2020. FFP2/3 masks should primarily be made available to health care. Ensure a constant temperature during reprocessing; note the cleaning cycles. Dispose of damaged or visibly contaminated masks.

Please note:

- Choose mask type according to purpose (protection of yourself or others).
- Masks **do not** replace physical distancing, cough etiquette or hand disinfection/washing.
- Do **not** use instead of isolation routine for SARS-CoV-2 infection. Stay at home if you have any symptoms.

What to avoid

Do not touch
your face



Do not use soaked
masks again



Do not touch the
mask, only on the
straps



Do not clean masks
with metal parts in
the microwave



Do not soak, spray
or wipe masks with
disinfectant



References:

1. www.bfarm.de/SharedDocs/Risikoinformationen/Medizinprodukte/DE/schutzmasken.html (accessed on 28 April 2020)
2. www.rki.de/DE/Content/Infekt/EpidBull/Archiv/2020/Ausgaben/19_20_MNB.pdf?__blob=publicationFile (accessed on 28 April 2020)
3. www.infektionsschutz.de/fileadmin/infektionsschutz.de/Downloads/Merkblatt-Mund-Nasen-Bedeckung.pdf (accessed on 28 April 2020)



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