

INSTRUCTIONS FOR USING YOUR FACE MASK



Wear your face mask yourself if you are ill. Do *not* use this mask to go near or take care of an infected person. Above all, the mask helps to reduce the risk of infecting others!

As a precaution, act as if you or the people you come close to have already been infected.

Follow these usage tips

- 1** Thoroughly wash your hands with soap and water before you touch the mask. Use the ends of the ties to put on and fasten the mask. Do not touch the inner layer (the side with the “pillow case” fold) with your fingers.
- 2** Only wear the mask when and as long as necessary. For example during self-isolation at home when other people are in the room, or when going out for necessary appointments or grocery shopping.
- 3** Stick to the basic rules even when wearing the mask! Wash your hands, keep a safe distance and avoid contact if you feel unwell.
- 4** Make sure the face mask fits snugly. You must be able to breathe through the mask with both your mouth and nose.
- 5** Face masks are less effective for children and need changing regularly.
- 6** Sterilize each mask at least once daily, in the washing machine at 90°C / 194°F or by boiling it for 5 min. in a pan.
- 7** You can insert a replaceable filter into the mask, e.g. a vacuum cleaner bag or a carbon filter. Wash your hands thoroughly before and after changing the filter. Replace filter and/or mask when damp.

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