



How to use masks safely*

For makers, givers and sellers of masks

*This is not a medical product. It does not filter viruses from the air you breath. It does offer some protection for others if you have a virus and don't know it. You need to continue with regular hand washing and social distancing even when wearing a reusable mask
Wash your mask at least at 60°C / 140°F after each use.
Never touch or put on a mask with uncertain hygienic status.



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Bundschuh, Paar, Schöpfel, Blair)
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Benefits of this reusable face mask

- Virologists say there are some benefits of wearing reusable masks, even though they do not filter air borne viruses.
- Simple face masks give some protection for others, if you have the virus but don't know it, and if you cough, sneeze or splutter. The biggest effect would be achieved, if everybody would wear a mask.
- Masks can provide some protection for you too, you won't touch your nose and mouth as often and not transfer the virus to you from surfaces like doorknobs, handrails or products at the supermarket you have touched.
- You help to ensure there are stocks of medical/surgical masks available for medical staff and hospitals.
- You show your environment, that you are a responsible person.
- The protective mask can be used a lot of times and you can contribute to waste prevention.
- Wearing a mask DOES NOT replace standards like washing hands or social distancing. It's additional.

How can I reuse my mask safely

- Wash them after every use at 60°C / 140°F with washing liquid and dry.
- Boil for at least 5 minutes and dry.
- After washing or boiling only touch them with well washed or disinfected hands when putting them on.
- Never touch or put on a mask with uncertain hygienic status.

How do I put my mask on

- Wash your hands with soap for at least 20 seconds before putting your cleaned mask on and before taking it of.
- Use the straps and do not touch the front (nose and mouth area) of the mask.
- After wearing keep it in a disposable plastic bag until washing it.
- Don't put the mask into your pockets or handbag.
- If your mask gets damp replace it with another.
- Practise taking your mask on and off.