



Face masks

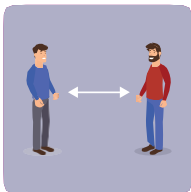
What you need to know

Whether you are in the supermarket, on public transport or visiting the doctor, the government recommends wearing face masks in the battle against the coronavirus pandemic. In this flyer, we have set out how to use them correctly.

Full face masks - the basics

Although they are often referred to as masks to cover your mouth, it is more accurate to say they cover your mouth and nose. There is good reason for this. A mask is not only to protect you from infection, it also protects other people.

The essential rules



- ✓ Always act as if you were not wearing a mask. **The top priority is still to keep your distance.**



- ✓ **Before** putting on a face mask, **wash your hands** thoroughly with soap.



- ✓ When putting it on, make sure that you don't just cover your mouth, but also your nose and chin.

How to wear your mask properly

When wearing the mask, avoid touching it or moving it. If you do, the virus could pass from your hands onto your face - or vice versa. Remember that your mask must be completely dry in order to provide effective protection.

Common mistakes: Leaving the shop and immediately removing the mask. Many people simply pull them down under their chin. However, if you do this you risk coming into contact with the virus and getting the infection that way.

Putting them on and taking them off

Unfortunately, it's not as simple as just slipping your mask on and off. You should take the following precautions:

Putting it on



- **Take hold** of the **straps** on the mask, hold it in front of your face and pull the straps behind your ears.
- If it has a metal clip, adjust it so that it fits the **bridge of your nose** as snugly as possible.



- **Make sure** that the mask fits as close as possible to your cheeks. Then use your thumb and forefinger to pull it down over your chin.

Taking it off



- When removing the mask, don't touch the **outside** surface.
- **Instead, remove the mask from behind.** At the same time, pull both bands forwards with your hands.



- It is best to dispose of single-use masks **directly in the rubbish bin.**
- **After removing it** wash your hands thoroughly with soap.

Your pharmacy can offer advice.

Make your own masks

You can easily find instructions for making your own masks on YouTube and other sites. However, there are some mistakes to avoid. We show you what to look out for:



- 1. Material:** It is best to test it first. Can you get enough air when you breathe normally? If so, the material is suitable. However, the fabric must not be too thin. Otherwise it will not absorb sufficient droplets when you cough, sneeze or speak.
Also: the mask can only be reused if the fabric can be washed at a temperature of at least 60 degrees .
- 2. Fabric or vacuum cleaner bag?** Tea towels have the best filter effect. Pillowcases, linen, scarves or silk perform significantly worse. Vacuum cleaner bags are also recommended. **But be careful:** they often contain antibacterial substances that could be damaging to your health.
- 3. Useful information:** Home-made fabric masks keep droplets away but are less effective than standard face masks that cover the mouth and nose. **But the golden rule is even more effective: keep your distance – and if you have a cough or other symptoms, stay at home!**

How to clean your mask



Every reusable masks must go into the washing machine immediately after use - even if you just popped into the bakery with it on.

Tip: If it is not possible to wash the mask straight away, it is best to keep it sealed in an airtight bag.

Options: Fabric masks can usually also be dried in the oven at 70 degrees. Or you can boil them for a short time in a pan of water. It is important to ensure the temperature is **at least 60 to 70 degrees** to kill the virus.

Your pharmacy stamp

Surgical face masks and FFP masks



Surgical masks are primarily used to protect other people and are **single-use products**. The tighter the mask is to your face, the better. However, air is still always drawn in from the sides or from above or below the mask, so infections can still occur. The masks will

also become moist over time due to the air we breathe. **The result is a reduction in the filtering effect.** If you are using this type of mask it is therefore important to change it frequently.



Filter particle masks are special masks that can also protect the wearer from infection. For example, they are used on wards for infectious diseases and fit closely around the mouth and nose. The wearer inhales through a filter with a small pore size.

The pores in an FFP3 mask are the narrowest and **filter out over 98 percent of all particles**. It can be exhausting to wear these masks, even more with FFP3 than with FFP2. These specialist masks are also currently in short supply and should therefore be reserved for people who are really at risk, such as hospital doctors and nursing staff.

Glasses or long hair?

The most important rule for people who wear glasses is to put your mask on first, then your glasses. If your glasses steam up when you breathe out, you should double-check whether the metal clip is attached tightly to the bridge of your nose and cheeks.

If you have long hair it is advisable to tie it back or plait it before putting your mask on.

If you feel unwell and suspect that you may have been infected with coronavirus, contact your family doctor (please do not visit your doctor in person), your local health authority or the medical emergency services **by telephone** on the number **116 117**.

In an emergency you can contact the emergency services on the same free number across Europe from a landline and any mobile network by calling **112**.

Detailed information about coronavirus is available online at

www.apotheken-umschau.de



Stay informed, stay healthy