

#MaskeZeigen - #ShowYourMask

Instructions for Use

for homemade, reusable face masks



What am I?

I am a **homemade makeshift face mask**. I am an **additional measure** that can complement other protective measures (washing hands, coughing/sneezing into your elbow, keeping your distance, staying home).

Why do you need me?

With me, you reduce the risk of infecting other people by droplet infection through your coughing, sneezing, or speaking. Many people are already unknowingly infected but don't have any symptoms (yet). They are still infectious, though. If you wear a mask **when you're out in public and when you come into contact with people from high-risk groups** you protect other people - and if they also wear a mask, they protect you in return.

How do you use me?

- **Wash** the mask before first use (at 60°C minimum) or boil it (5 minutes in a closed pot).
- Always before putting it on and before and after taking it off: **wash your hands** thoroughly.
- Shape nose wire (if your mask has one) against your face. Pull the mask **over your nose and mouth**. Put the elastic loops around your ears or tie the ribbons behind your head and loosely in your neck (depending on your type of mask).
- The mask should sit **snugly against your face** all around the edge but it should not be too tight.
- It's normal that breathing with a mask feels a bit more strenuous than without a mask. You should not become **breathless**, though! If in doubt, use a thinner mask or consult a doctor.
- When taking off the mask, **only touch the ribbons/elastics**, never the surface in front of the nose and mouth.
- Until cleaning, keep the mask **in a closed container**.
- Cleaning: **Wash your mask after single use (at least once daily)** at 60°C minimum or boil it in a closed pot for 5 minutes.

You also want to sew a mask?

Our website **MaskeZeigen.de** offers sewing and crafting instructions for homemade masks, all tested by us, detailed information about the correct use of masks, and scientific background information about masks. You can also download these instructions for use and our flyer there. **Join in:** Sew masks for your family, friends, and other people around you!



#MaskeZeigen I protect you – do you protect me?

Who is behind this project?

The **MaskeZeigen.de** team got together during the **#WirVsVirus-Hackathon** (wirvsvirushackathon.org) of the federal government in March 2020. We work voluntarily and without pay on motivating and enabling people to wear masks in their daily lives and to make and pass on these masks while there is a shortage of medically-certified protective masks. Professional masks can thus be reserved for those who need them most urgently (e.g. hospital personnel).

Disclaimer / Creative Commons License: The MaskeZeigen team accepts no liability for the protective function of self-made masks. No self-made mask is certified as a medical device or offers protection similar to that of a professionally made surgical mask or FFP respirator. Use self-made masks at your own risk. We have released this flyer under a creative commons license (creativecommons.org/licenses/by-nc-nd/4.0/). The use of this flyer by other people does not imply a quality check of any enclosed self-made masks through us. This flyer may only be enclosed with masks that are distributed for free or at cost price (cost of material + postage and packaging if applicable).



Last updated: 16.04.2020