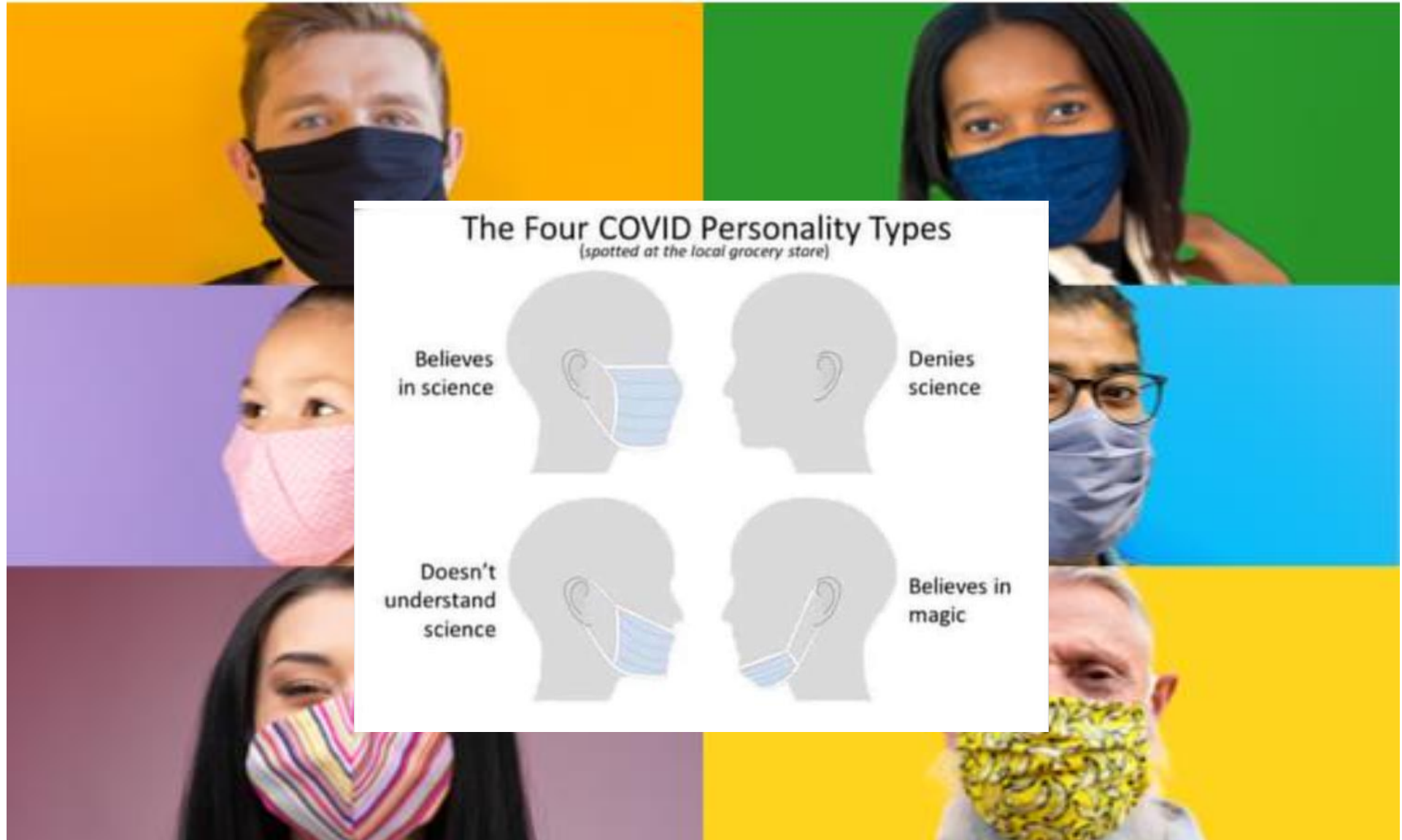


Wear a mask; Why and How! Mask Facts

Wearing a mask helps to protect others in your community.
If you wear it the right way



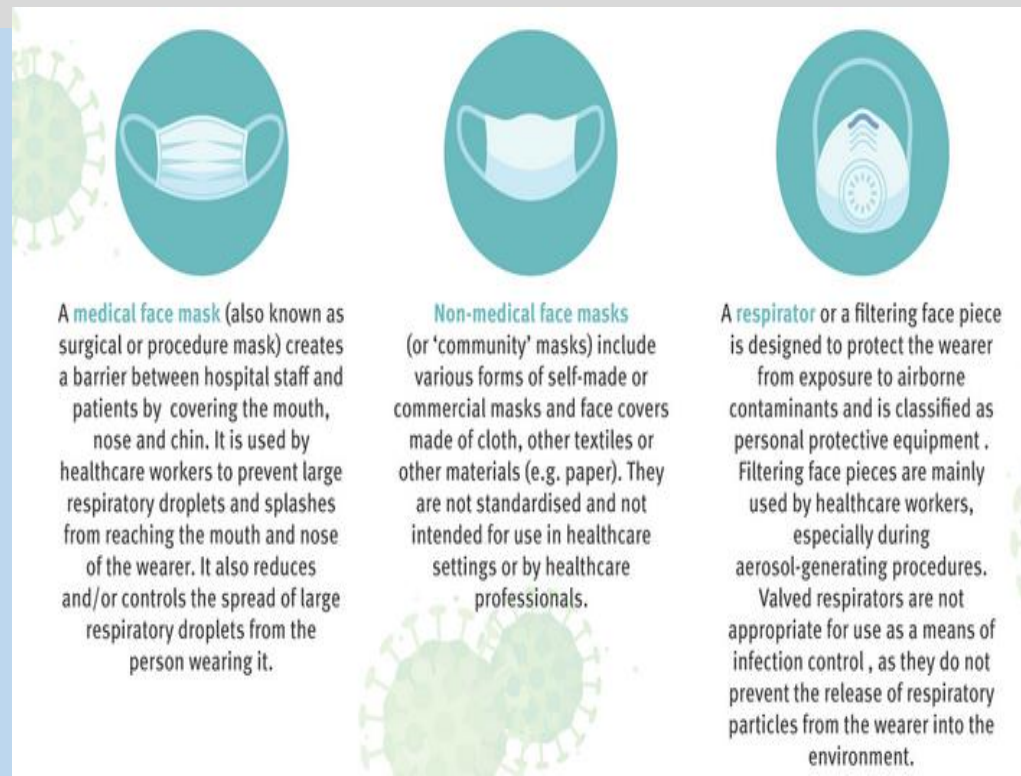
Which to wear

It is recommended that you wear masks in public settings around people who don't live in your household and when you can't stay 1,5 meters away from others.

It is important to distinguish between the two types of protection that masks provide and are designed to prevent the virus from being transmitted. Because not every type of mask creates the same protection, which is why different masks are the means of choice in different situations.

The function of securely protecting yourself against infection is called **SELF-PROTECTION**. To do this, a mask must filter out the nanoscopically small viruses from the air we breathe. Due to the small size of the particles, this can only be achieved with certain materials.

On the other hand, the principle of **THIRD PARTY PROTECTION** is the reason for the general public mask requirement. The purpose of this is to assume that the wearer is considered a potential source of infection; the mask is intended to protect all contact persons from infection. From surgical mouth and nose protection to the self-sewn fabric mask to simple scarves - each of these tissue materials represents an obstacle to the transmission of the virus and protects others. Which type of one you prefer is up to you.



	 Mund-Nasen-Schutz	 FFP2/FFP3 Maske ohne Ventil	 FFP2/FFP3 Maske mit Ventil
Protects wearer of mask	 eingeschränkt		
Protects periphery			

Video:https://www.youtube.com/watch?v=esM_ePHn0aw

How to select a mask

To help protecting other of an infection the mask you choose needs to fit perfect over your **MOUTH AND NOSE!!!**

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



Evaluation is on-going but effectiveness is unknown at this time

Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

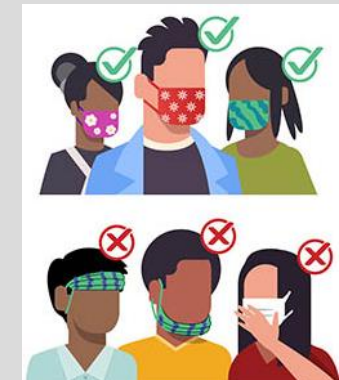
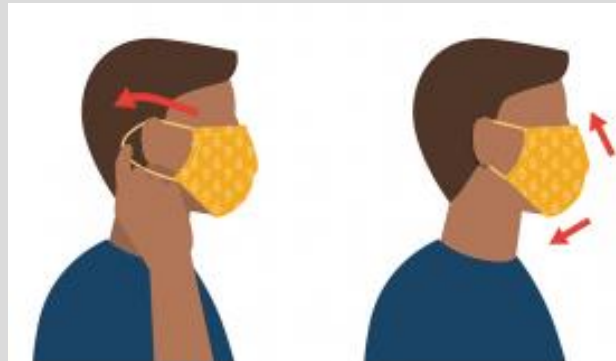
How to wear a mask

- **It is recommended that people wear masks in public** and when around people who don't live in your household.
- **Do NOT use a mask meant for a healthcare worker.** Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.

Wear your Mask Correctly

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- **It is not recommend** to use masks or cloth masks for source control if they have an **exhalation valve or vent!**
- **Don't** put the mask around your neck or up on your forehead
- **Don't wear your mask under the nose**
- **Don't** touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect.
- Even lifting it for talking or drinking remove it safely **without touching the front surface!**

Do NOT wear a mask



How to take of your mask

Take Off Your Mask Carefully, When You're Home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine (learn more about [how to wash masks](#))
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

How to take off a mask



1
Carefully, untie the strings behind your head or stretch the ear loops



2
Handle only by the ear loops or ties



3
Fold outside corners together



4
Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

Even if wearing a mask it is important you still follow everyday health habits

- Stay at least 1,5 meters away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

Sources:

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- <https://www.ecdc.europa.eu/en/publications-data/using-face-masks-community-reducing-covid-19-transmission>
- [https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-outbreak](https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak)

Summary

- Only a correct worn mask can give the maximum protection
- Wrong handling of the mask can lead to higher probability of transmission
 - Don't wear your mask **UNDER** the NOSE
 - Don't wear your mask **UNDER** the CHIN
 - Don't touch the surface of the mask during wearing or removing
- Don't use mask too often or when they are getting wet

Even if wearing a mask, it is important you still follow everyday health habits

- Stay at least 1,5 meters away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

It should be pointed out again and again, also by executives, that the correct way of wearing the mask is essential to achieve maximum protection. Using the mask the wrong way, e.g. for example, wearing it under the nose means accepting a possible infection of others.

FFP2 / 3 masks are still considered deficient equipment and should be kept available for healthcare workers and emergency services.

- It should be ensured that medical face masks (and respirators) are conserved and **prioritised for use by healthcare providers**, especially given the current shortages of respiratory personal protective equipment reported across EU/EEA countries.
- The use of face masks may provide a **false sense of security** leading to suboptimal physical distancing, poor respiratory etiquette and hand hygiene – and even not staying at home when ill.
- There is a risk that **improper removal** of the face mask, handling of a contaminated face mask or an increased tendency to touch the face while wearing a face mask by healthy persons **might actually increase the risk of transmission**.

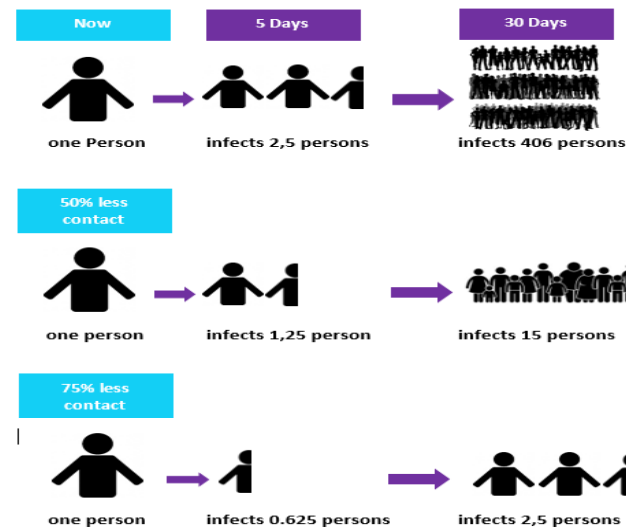
Sources:

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- [https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-outbreak](https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak)

Friendly Reminder

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 metre (3 feet) distance between yourself and others.
Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places.
Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 metre (3 feet).
- Avoid touching eyes, nose and mouth.
Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.
Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others.
Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.
- If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority.
Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other diseases.



Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

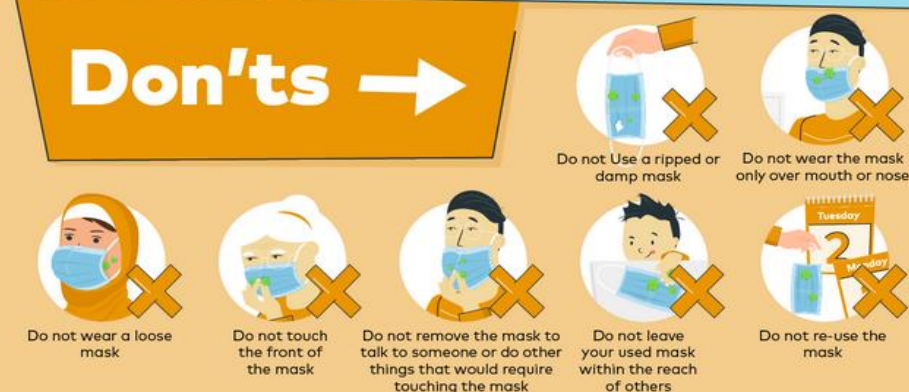
HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

Do's →



Don'ts →



Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

THE NEW NORMAL



Be a role model. Show others the importance of cleaning hands, covering coughs and sneezes with a bent elbow, maintaining a distance of at least 1 metre from others and cleaning frequently touched objects and surfaces regularly.

Don't just say it,
Do it!

#StaySafe



The new normal!

In some places, as cases of COVID-19 go down, some control measures are being lifted.

But this doesn't mean we should go back to the 'old normal'.

If we don't stay vigilant and protect ourselves and others, coronavirus cases may go up again.

If we stop following the key protective measures, coronavirus can come rushing back.

Now, more than ever, it's important that we all follow our national health authority's advice and be part of helping to prevent coronavirus transmission.

Wherever you are, you still need to protect yourself against COVID-19.

Even as restrictions are lifted, consider where you are going and stay safe.



Avoid the Three C's



Be aware of different levels of risk in different settings.

There are certain places where COVID-19 spreads more easily:



Crowded places

with many people nearby



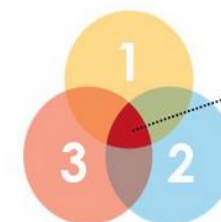
Close-contact settings

Especially where people have close-range conversations



Confined and enclosed spaces

with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three C's.

WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.