

Face masks



What you need to know

Full face masks



A mask is not only to protect you from infection, it also protects other people.

The basics:

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

Always wash your hands thoroughly with soap before putting a face mask on.

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

Important: 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.

Your pharmacy can offer advice.

Differences



Surgical masks

are mainly used to protect other people and are **single-use products**. As air is always drawn in from the side or from above or below, they do not protect the wearer from infection. The masks will also become moist over time due to the air we breathe. **The result is a decrease in the filter effect.** If you are using this type of mask it is therefore important to change it frequently.

Filter particle masks (FFP2 or FFP3)

are special masks that can also protect the wearer from infection. For example, they are used on wards for infectious diseases and are reserved for people who are really at risk, such as hospital doctors and nursing staff. **You breathe in through a filter** with a very small pore size which barely allows virus particles to pass through.

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 of the mask, hold it in front of your face and pull the straps behind your ears.

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. Remove the mask from behind. Do this by pulling both bands forwards with your hands.



After removing it wash your hands thoroughly with soap. Dispose of single-use masks in a closed waste container.

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:

Material

The fabric must not be too thin. Otherwise it will not absorb sufficient droplets when your cough, sneeze or speak. And the mask can only be reused if the fabric can be **washed at a temperature of at least 60 degrees.**

Tea towels have the best filter effect. Pillowcases, linen, scarves or silk perform significantly worse.

Useful information: Home-made fabric masks keep droplets away but are less effective than standard surgical masks. **But the golden rule offers the best protection: keep your distance— and if you have a cough or other symptoms, stay at home!**

Detailed information about coronavirus is available online at

www.apotheken-umschau.de



Stay informed, stay healthy