

Factsheet: Face Masks

Masks Save Lives

General Advice



#1 Stay at home & practice physical distancing



#2 Wash your hands for at least 20 sec.



#3 Wear a face mask in public



Widespread public face mask usage helps slowing down the spread of COVID-19 and adds to the effect of physical distancing and hand hygiene in saving lives. Science show that masks can significantly reduce virus spread, even self-made masks.

How can masks save lives?

- PREVENTING SPREAD from person to person via respiratory droplets produced when an infected person coughs, sneezes or talks.
- PROTECTING OTHERS! Even people without symptoms may spread to others if infected .
- PROTECTING YOURSELF! Wearing a (self-made) mask can reduce your risk of infection.

How to: Self-made masks

- Check out [CDC recommendations](#) for cloth face coverings
- How to make a mask
 - Ensure a 2-layer structure with machine seam.
 - Ideally have a slot for inserting a filter.
 - Provide an adequate coverage of the front and the side of your face.
- How to wear a self-made mask
 - Wash your hands before putting the mask on, and after taking it off.
 - Do not touch your face while wearing a mask.
 - Do not wear the same mask for more than 3 hours.
 - Wash the mask after each use (60°C or boil it for 5 minutes) and make sure the mask is completely dry before wearing.

DIY Inspiration

English:

- Without sewing, with cloth and rubber band [Video](#)
- Without sewing, with cloth, coffee filter, paper clip and rubber band [Video](#)
- Sewing, with cloth, rubber band [Video](#)

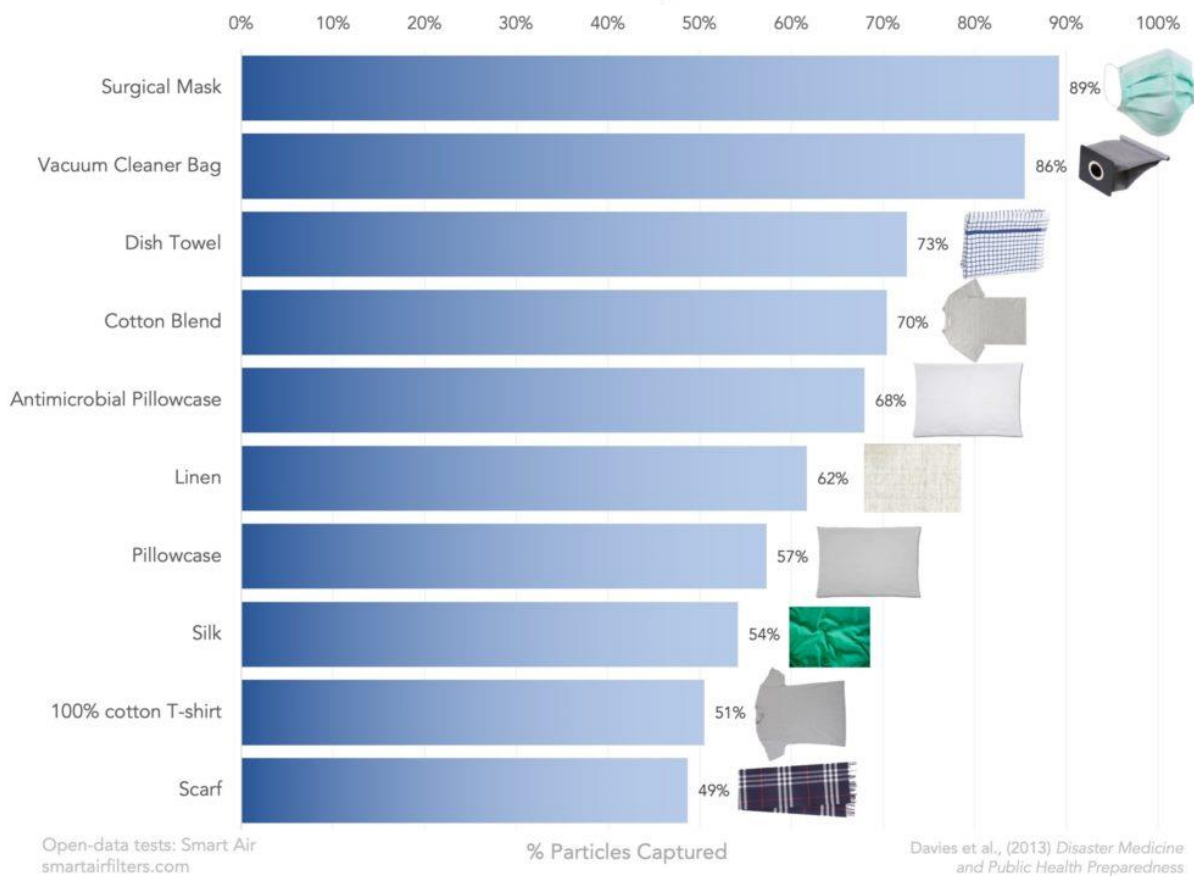
German:

- Without sewing, with cloth and rubber band [Video](#)
- Sewing, with cloth, rubber band, wire [Pdf](#)
- Sewing, with cloth, rubber band [Video](#)

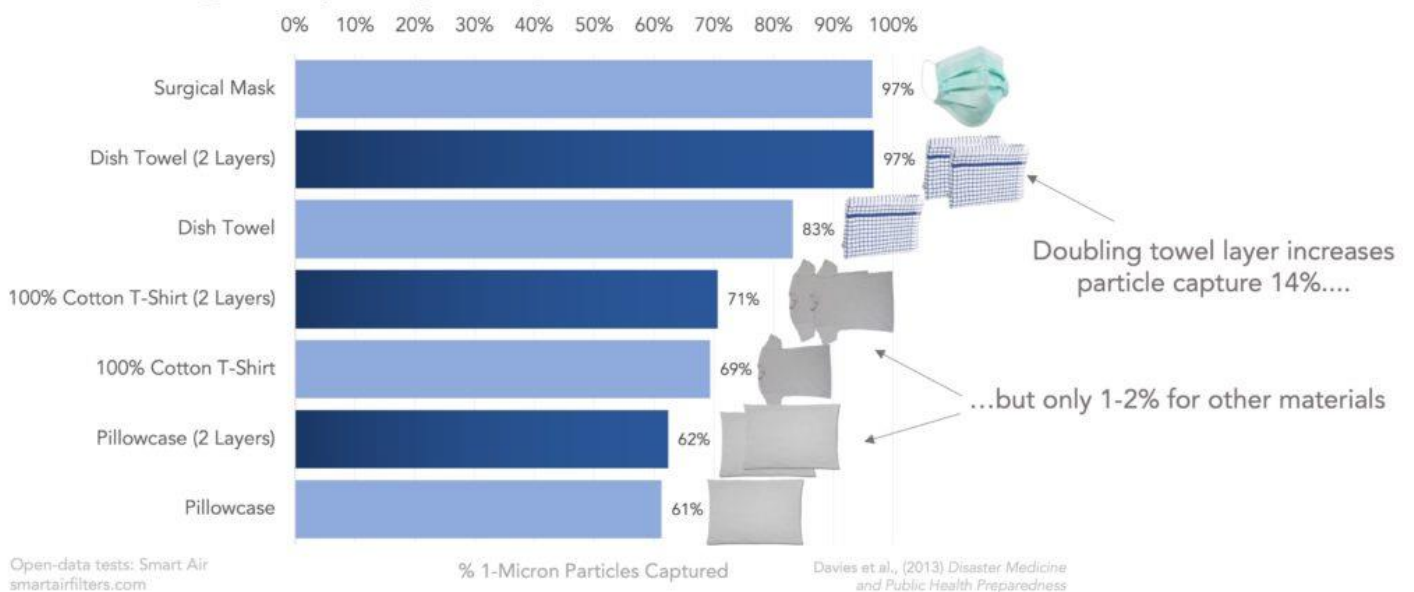
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Household Materials' Effectiveness Against 0.02-Micron Particles



Doubling Mask Layers Only Modestly Increases Effectiveness



Source: <https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/>