

To all citizens of Jettenbach,

There are **different opinions in the media about wearing a face mask**.

We from the nursing association have compiled questions and answers from the nursing sector for you:

Corona or influenza viruses are transmitted by droplets that can reach the mucous membranes of contact persons when speaking, coughing or sneezing. These droplets contaminate surfaces as pathogens with limited viability, which in turn can be absorbed by hand contact followed by mouth-nose contact (or via the mucous membranes of the eyes).

A body with a **stable immune system** can cope with such a load of germs. The **number of germs** and the **duration of the impact** decide whether these germs ultimately make us sick.

Does a makeshift mouth-nose mask protect against germs?

First of all, yes! **It protects others from droplets flying around.**

Does a makeshift mouth-nose mask protect myself?

If you **pay attention to a few things**, it also protects me: Viruses and bacteria multiply in warm, humid breathing air. Therefore, you have to **regularly wash a worn makeshift mouth nose mask to kill the germs**: daily at 60 or 95 degrees celsius, preferably with a disinfectant in a washing net in the washing machine or 5 minutes in boiling water on the stove, then air dry well. When removing, take the makeshift mouth nose mask by the ear loops, avoid touching the outside if possible and put it directly into the machine or water bath. **Afterwards, wash your hands with soap and water.**

Which mouth-nose mask is "right"?

FFP2 or FFP3 protective masks (the number indicates the tested protection level) are **standard in the medical field** and in case of persistently longer working hours with sick people.

When **in public life**, you should assess how much you can be exposed to which possible germs and where: **shopping** is a short, less dangerous situation, in which it can be **advisable to wear a makeshift mouth nose mask**. This also prevents you from unconsciously touching your face and e.g. become contaminated by scratching. (Smear infection)

Can a mouth-nose mask also do damage?

Yes! For people with **bronchial or lung diseases** (e.g. COPD or cancer), it can also worsen the impaired absorption of oxygen: Then a makeshift mouth-nose mask should only be worn for a short time and not too tightly so that breathing air can circulate laterally. Droplet excretion is nevertheless reduced. A short grocery shopping is also safe here.

Does a makeshift mouth-nose mask help asthmatics?

Yes! First of all, it offers **protection against pollen** in allergic asthma and, when used correctly, also reduces the absorption of pathogenic germs. (Asthma patients are more prone to respiratory infections).

For whom can wearing a makeshift mouth-nose mask make sense?

For immunocompromised people - due to cancer, certain medication therapies or various autoimmune diseases.

Then why isn't there a mouth-nose mask requirement?

There is currently no stock and due to fear of incorrect use, no general recommendation has been given. One wants to avoid that some wearers of the makeshift mouth-nose mask think themselves safe and no longer adhere sufficiently to quarantine and distance recommendations and thus again create foci of infection at meetings and gatherings.

Are self-sewn makeshift mouth-nose masks useful?

Yes! Again, there are a few things to consider:

- Use skin-friendly, anti-allergic **material** such as cotton: easily **washable** and easy-care.
- Sew together at least **3 layers** and **fold several times** so that it can be draped well.
- Insert water-repellent **fleece**: This prevents droplets from penetrating for a limited time.
- Sew in a **wire in the nose area**, which is formed around the nose when put on.
Bend / fix it well at both ends to avoid penetration and injury.

We have long thought about what a makeshift mouth-nose mask could look like, together with a regional seamstress we designed a model and ordered a small contingent that Mark Leonhardt will sell to you in his butcher's sales room (unit price 10 €) if you are playing with the idea of wearing a makeshift mouth-nose mask. This is not certified, but it has an **inner pocket** that can offer additional protection: an inlay (e.g. nursing or slip insert, suction pad, vacuum cleaner fleece) can also be inserted into this. This is not absolutely necessary when used in a regular fashion, but can protect against contact (e.g. when caring for a sick relative). In the pandemic phase 6, future supply shortages are likely. "Our" mouth and nose protection could then be helpful. It is a sensible alternative if there is no other suitable protection available.

> Turn for more information

We hope that our information on makeshift mouth-nose masks will help you.

Our nursing association is still looking for members. Please feel free to call Wolfgang Kehrein at 06385 5534 if you have any questions.

If you want to buy a makeshift mouth-nose mask from Mark Leonhardt at the butcher's shop, H6hstraÙe 53, you will find a detachable instruction for it below. 50 pieces have been ordered, and we can order replenishments if required.

Now we can only wish you all a lot of strength for this extraordinary time, stay safe.

Representing the entire team of the nursing association ♥



Wolfgang Kehrein (V.i.S.d.P.)



Good to know:

I am a **makeshift mouth-nose mask** and can "only" help you to **protect other people from infections**. I am not medically tested and cannot filter viruses for you, but I can let your breath out without droplets.

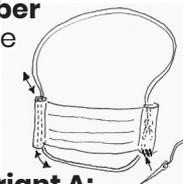
🦠 Flu or corona viruses or other germs get into the air when speaking, coughing or sneezing. It can be absorbed by other people through the mucous membrane of the mouth or nose or via the conjunctiva of the eyes and cause a new infection. In addition to this type of infection, there is also transmission via surfaces or by hand contact, so please wash your hands sufficiently often and thoroughly.

What makes me special:

Il am made of four layers of cotton from Heike Baumbauer: In my bag you can also insert a suitable filter made of non-germ-proof fleece (clingfilm for the freezer, nursing pad, or pantyliner). ♥

1. Adapt me:

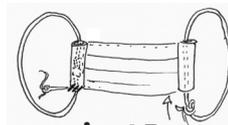
Pull through the two "tunnels" left and right e.g. with a crochet hook **elastic cord as a holding rubber** and carry me as you like:



Wearing variant A:

A long rubber **around the neck and back of the head:**

pull the rubber through both side tunnels as in the drawing. This works well with a crochet hook: push it all the way through, hook in the rubber and pull it back. You can pull the knot into the tunnel on one side and fix it with 3 pinpricks, the other side remains "movable". This makes it easier to put on.



Wearing variant B:

Rubber **around the ears:**

Cut the rubber into two pieces equally long, pull one through each tunnel and knot so that these loops lie comfortably behind the ears. You can pull the knots into the tunnels - and also fix the rubber in the tunnel with 3 pinpricks.

2. Wear me more often:

If you **pull/put me up/on and down/off**, just touch me by the rubber bands and watch out where you put me. The substance can absorb or release germs.

3. Wash me

... at least daily or even more often when I feel wet. You can do it at **60 degrees celsius in the machine** or "like grandma" in the cooking pot. Darker fabrics can fade. Steam ironing also kills germs. The colors of darker fabrics can fade.

4. Thank you:

I thank you for helping to increase **social acceptance** for face masks and to reduce the spread of germs.

© If all people wear a face mask, this can prevent epidemics.