

Together against CORONA

Step-by-Step Instruction:

How to sew my own face mask



How much protection does the mask provide?

In surgery, doctors must change their mask at least every two hours. If, on the other hand, a mask of this type is worn repeatedly, it quickly loses its effectiveness.

The wearer of the mask can protect himself against droplet and smear infections, but only to a very limited extent. Although the virus usually enters the body through the mouth or eyes — if there are no open wounds — the hands play the most important role in transporting the virus.

The fabric masks, also less effective in keeping the viruses out, merely function as a constant reminder not to touch your nose with your hands, and may so prevent contact infection. The masks will at least stop a person from touching their mouth and spreading germs to themselves in that manner. And it simply looks GOOD and helps you to be creative!



 **MCE**
Medical Congresses & Events

<https://www.dw.com/en/coronavirus-how-well-do-face-masks-protect-against-viruses-droplets-and-dust/a-52291265>

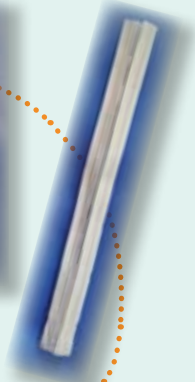
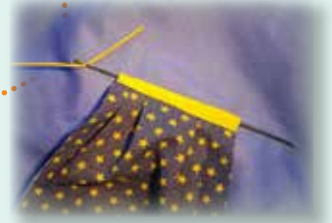
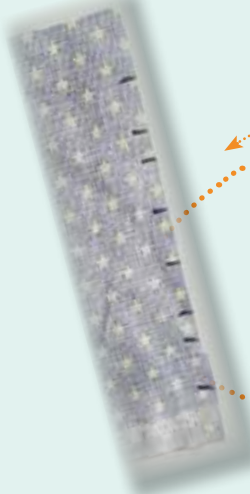


Step-by-Step...

Start

Size 23x16 cm

— middle line —



Finish