

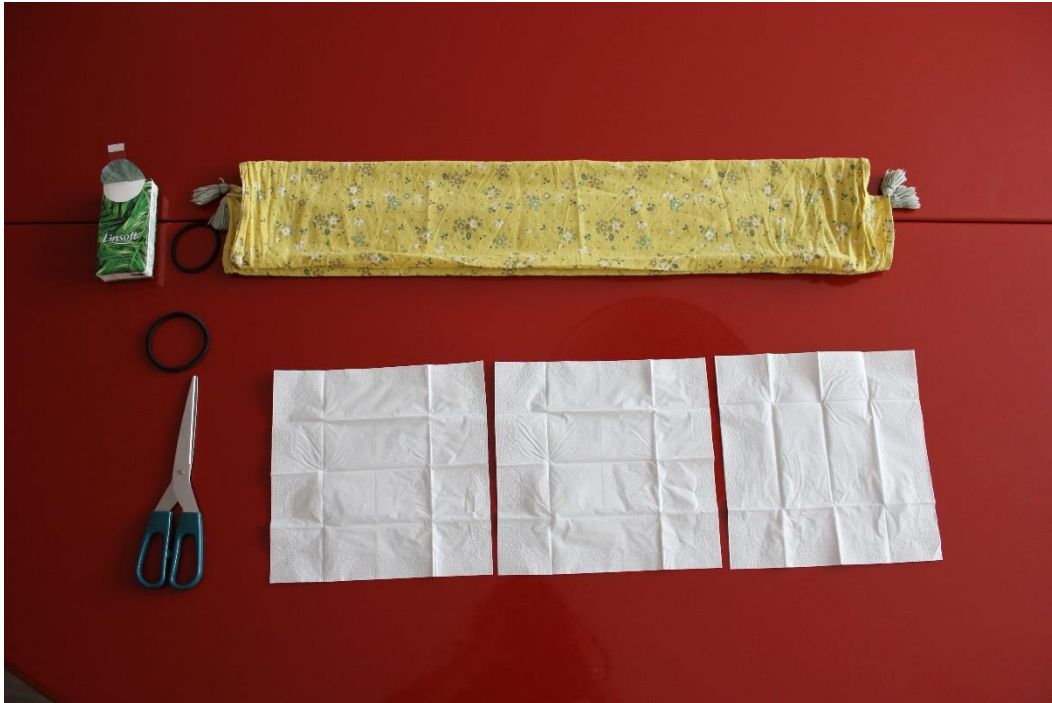


EFFECTIVE HAND-MADE MASKS: VERY LOW-COST VERSION



Material :

- Thin Scarf or other piece of Cloth
- Household paper (or tissue)
- 2 elastic hair bands
- Scissors



1. Fold the scarf (or cloth) to a width equal to the distance between eyes and chin, and a length 3 times your open hand.
2. Use tissues or household paper for the filter.

The filter should be at least 3 layers thick to be effective. If your material is one layer, fold it twice ; if it is 2 layers, one fold will do. If necessary, trim it slightly smaller than the mask.s



4. Slip the paper filter between the folds of the cloth.



5. Place the hair bands at each end of the filter.



6. Fold the scarf at the level of the head bands and there you are!

Reference : Qing-Xia Ma & colleagues: **Potential utilities of mask-wearing and instant hand hygiene for fighting SARS-CoV-2**
J Med Virol. 2020.





Correct use of the mask

- Avoid touching the mask once it has been put on, until it's time to take it off.
- When removing it, pull on the hair bands and do not touch the front of the mask.
- Avoid touching your face.
- Remove the paper filter and through it away into a proper place.
- Wash the mask with soap and hot water. Once dry, a new paper filter can be inserted.
- ... and in any case wash your hands frequently. Soap and desinfectant have the same effectiveness.