

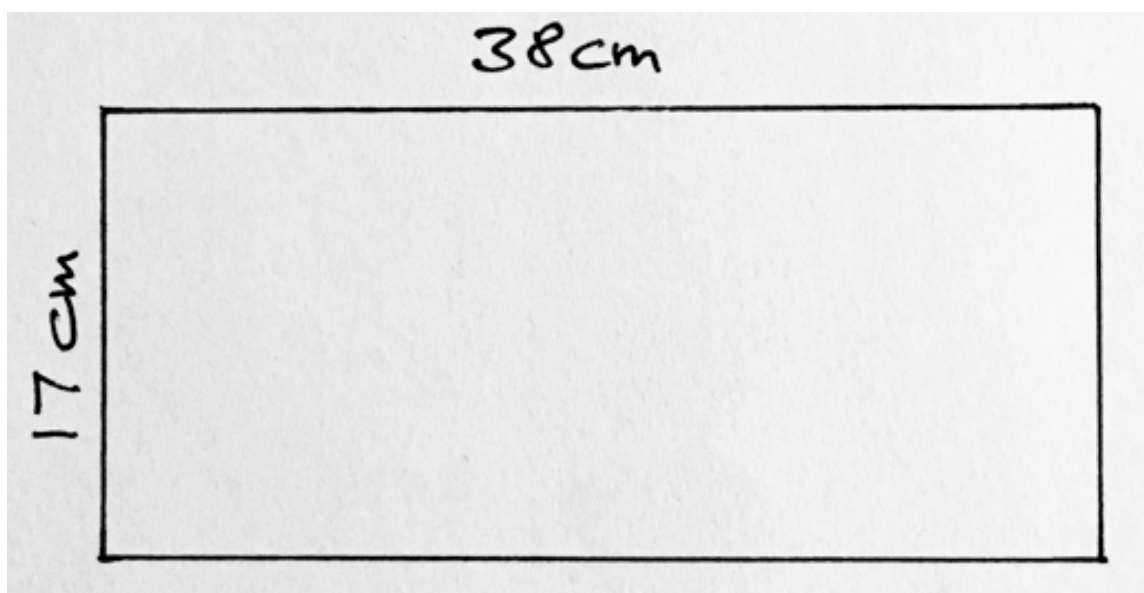


**How can I make a
mask?**

@we_can_stop_corona



Disclaimer: This mask will not protect you against Coronavirus, but it will reduce your spreading of the virus and thus protect others! If all or most others wear such a mask, you will also be protected.



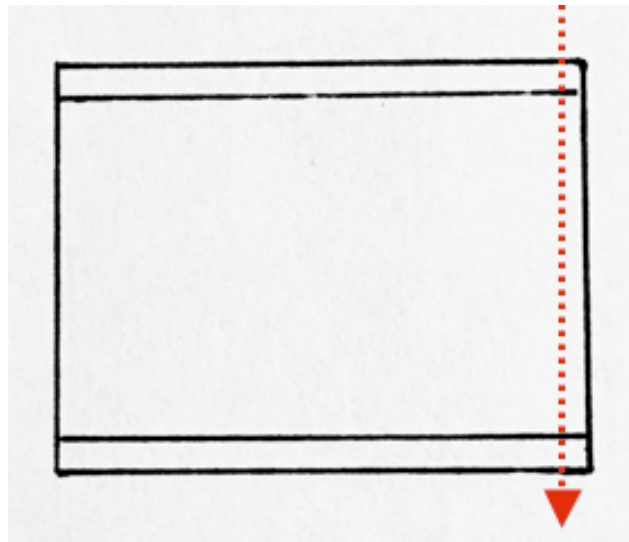
1. Cut the fabric from a pillow or bed cover (cotton or linen - no synthetics!)

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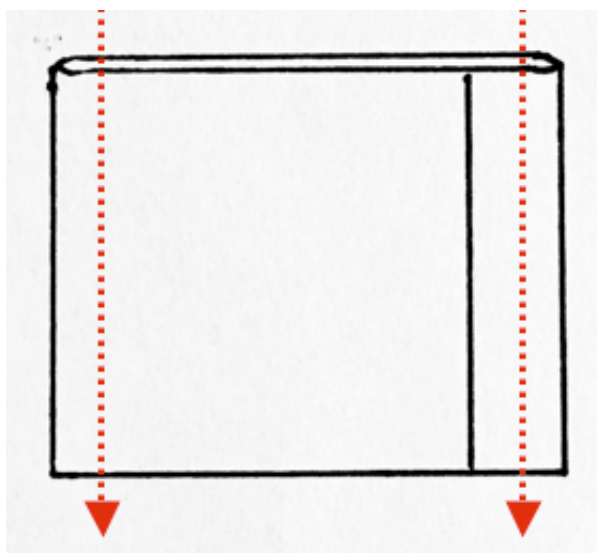
2. Fold long edges 1 cm and sew them on (hem)

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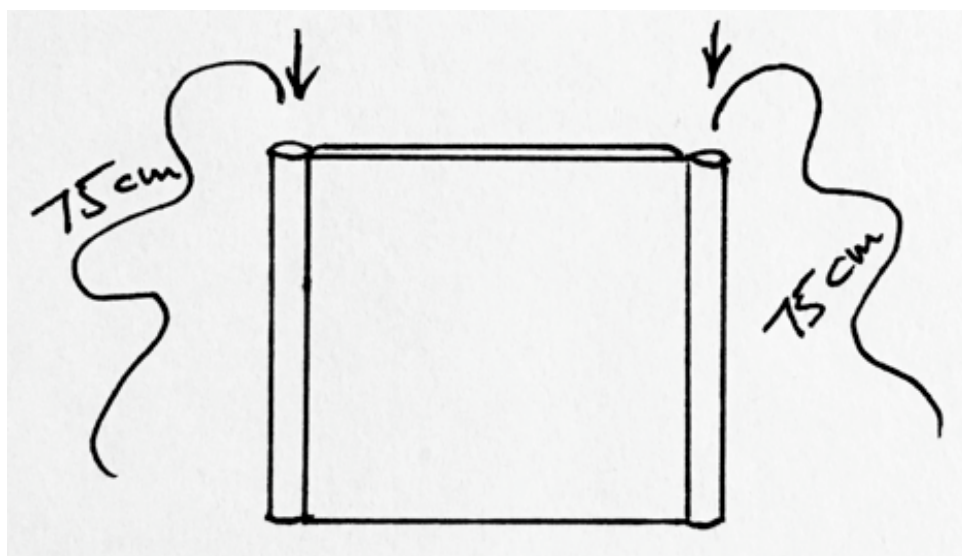
3. Fold the fabric (hems outside), sew together at the open end of the two layers at a distance of 1 cm; turn from the inside to the outside (hems are now inside)

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4. Move the fabric tube so that the seam is no longer at the end but slightly to the side; sew at the ends at a distance of 1.5 cm (hemstitch)

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5. Pull in two approx. 75 cm long tapes or cords on both sides; leave the ends still open

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6. Iron the mask (2 or 3 points) - this kills viruses and bacteria! Insert folded Kleenex tissues between the two layers of the mask (yes, folks: toilet paper works, too!)



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7. Before putting on the mask: pull the mask with the tapes a little bit together so that it bulges; adjust the mask to the face



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8. Put all four ends of the ribbons over your ears and bind together behind your head (the knot can stay on for taking off)

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If you come with the mask from outside:

- First, wash your hands well
- Touch the mask at the strips and take it off (do not touch the front!)
- Iron the mask IMMEDIATELY
- Wash your hands again

The mask can be washed (60°C), but remove Kleenex/toilet paper first!