

English

**Sewing instructions for a
makeshift surgical mask**

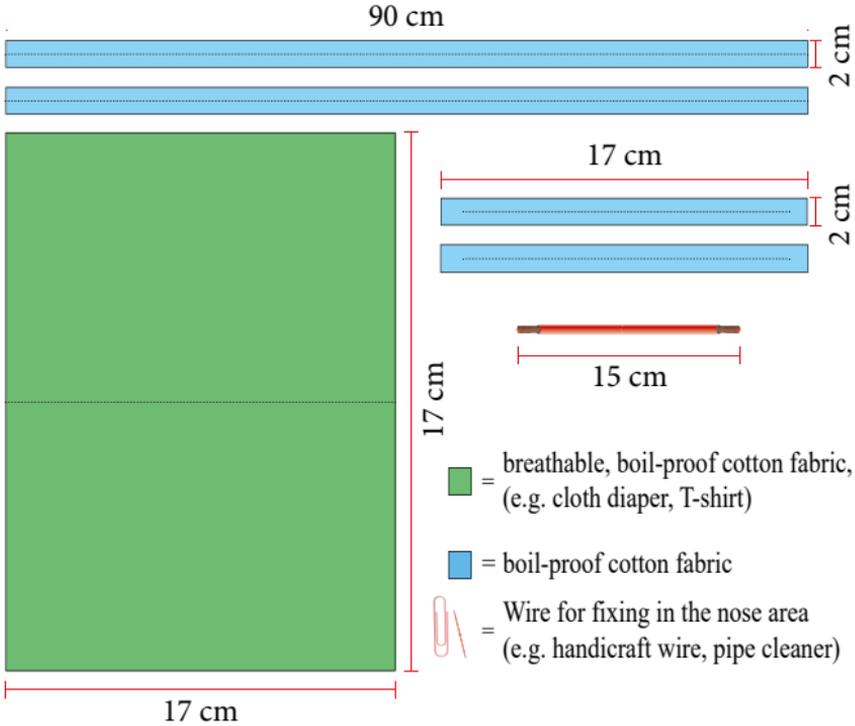
The following materials are required:

- two 90 cm long and 2 cm wide fabric strips (boil-proof cotton)
- two 17 cm long and 2 cm wide fabric strips (boil-proof cotton)
- a 15 cm long thin and flexible wire (e.g. handicraft wire, pipe cleaner, clamping wire of freezer bags)
- 17cm x 34 cm large cloth made of breathable, boil-proof, permeable cotton fabric (e.g. cloth diaper, T-shirt fabric, light cotton cloth)

Testing the permeability of breathing:

- Take a double cloth
- Close tightly around mouth and nose
- Inhale and exhale

If inhalation and exhalation is possible without any major breathing resistance, the material is suitable as face mask!



Here's how you do it:

1. Mark and cut out a 17 x 34 cm large cloth.



2. Fold the cloth in half and iron.



3. Iron into the cloth 3 evenly distributed folds (fold depth ca. 1,3 cm).



4. Cut out two 90 cm long and 2 cm wide strips (headbands) and two 17 cm long and 2 cm wide strips (border) of cotton fabric.



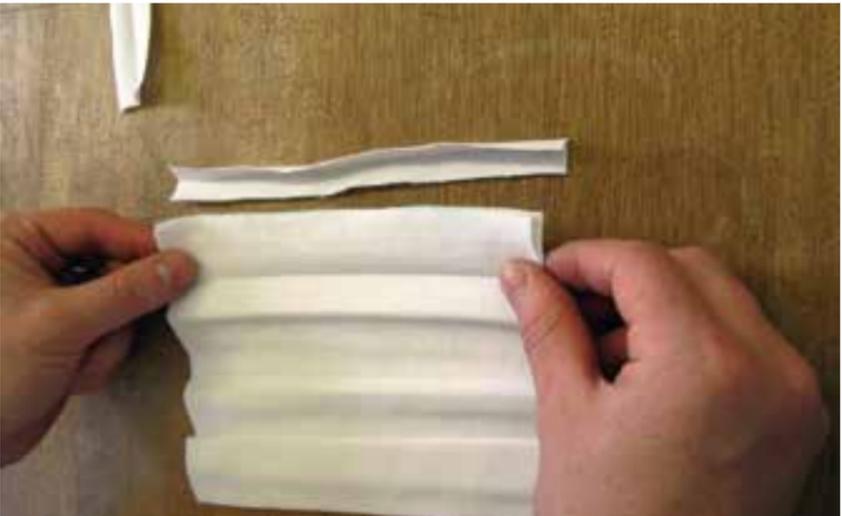
Maybe trim borders.



5. Fold the fabric of all four strips in half and iron them.



6. Insert the cloth at the top and bottom into the border.



7. Insert the wire into the upper part of the border.



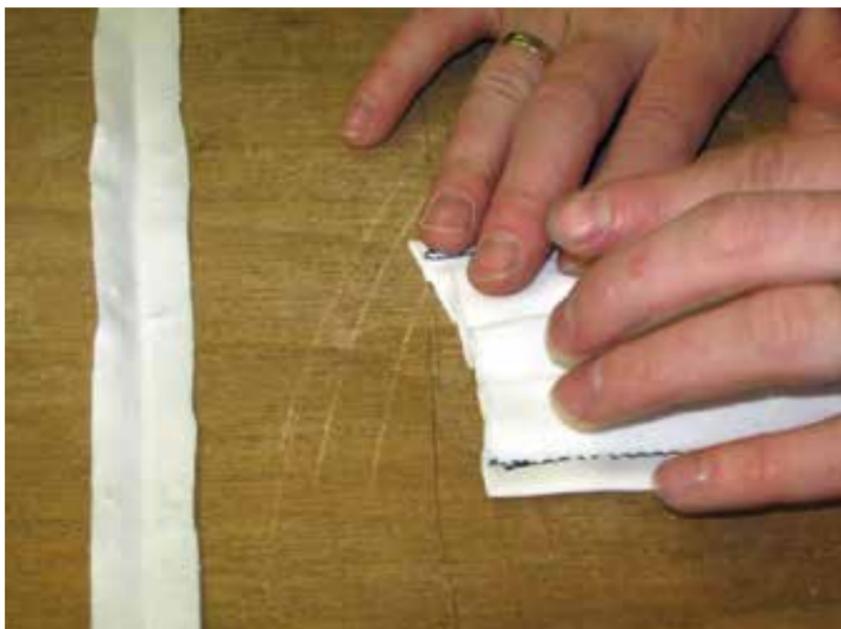
8. Fold the border around the wire.



9. Fasten the border with pins and start sewing.



- 10.** Insert the cloth with the ironed-in folds into the headbands on both sides.



- 11.** Pin the headbands and sew.



Care and cleaning of the reusable surgical mask

Store the reusable surgical mask in a dry place. Wash the reusable surgical mask before using it for the first time. After use undo the reusable surgical mask carefully and avoid touching it except for the headbands. Wash your hands after undoing the mask!

Used surgical masks should be cleaned after use or at least once a day. They can either be washed at 90°C in the washing machine or cooked on the stove in boiling water (5 minutes). Afterwards the reusable surgical mask must be dried.

Disclaimer of liability

It is specifically pointed out that the City of Troisdorf assumes no liability for the effectiveness, manufacture or proper use of the makeshift surgical mask. Any claim for damages against the City of Troisdorf due to injury to life, body or health – regardless of whether the user or the respective counterparty – is excluded.

The manufacture / use of the makeshift surgical mask is exclusively at your own risk.

It is pointed out that the hygiene regulations of the Robert Koch Institute (Germany) or the respective national authority must be followed in any case.

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STADT
TROISDORF

Pressestelle

Kölner Straße 176

53840 Troisdorf

Telefon (02241) 900-0

Telefax (02241) 900-800

E-Mail Rathaus@troisdorf.de

Internet www.troisdorf.de



www.facebook.com/StadtTroisdorf