

# MAKESHIFT MOUTH-NOSE PROTECTION

**berger**textiles shows you which textiles are suitable for mouth-nose protection, how they are assembled into masks and which recommended instructions, you should observe.

## General information

We can provide our customers with textiles and accessories, in this challenging and difficult time of COVID-19, for sewing makeshift mouth-nose protection masks. Please pay attention to the further information in the following text!

**berger**textiles underlines that these masks are not medically standardized products, but a tool for protecting yourself and others. Therefore **berger**textiles is not liable for any damage or infection when using or processing our textiles.

Above all, to protect; older citizens, those with pre-existing conditions, people in need of care, nursing service professionals and carers, should wear this type of makeshift mouth-nose protection. This face mask can reduce the risk of transmission of the corona virus, as it restricts the distribution of droplets by speaking, coughing or sneezing.

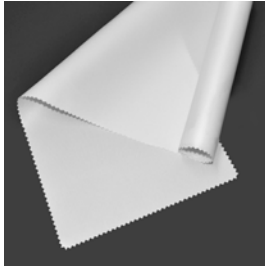
**For this, below we are providing you with sewing instructions for a washable makeshift mouth-nose protection mask.** This should help you to more independence from supply bottlenecks and cost-intensive stocking.

## Important information

- The mask must be worn close-fitting. If it starts to collect moisture, i.e. when wearing, the virus barrier is broken more quickly.
- There is no evidence that wearing a mask reduces the risk of infection for healthy people. However it can curb the spread of viruses, because many people do not know whether they already carry the virus.
- Washing hands and keeping your distance, are still the most important measures to avoiding infection or spreading infection further.
- The masks should be changed regularly – as they start to collect moisture from wearing and breathing after 20 to 30 minutes. This may require several masks.
- If you want to use the mask again after use, it must be washed at least 60 °C or “cooked” in the oven at 70 °C.
- The mask is only reusable after washing and drying.
- If the mask is no longer used, it must be disposed of properly.

## These products are suitable for assembling your mask

The following **berger**textiles materials, are possible for creating masks. Please note that the textiles are equipped with flame retardant agents and must therefore be subjected to a wash, before they are worn for the first time. This can take place in the washing machine with a minimum of 60 °C or in boiling water in the saucepan!



### **be.tex® Display 210 FR**

Article-No. 4280-26-BE

EUR 1,93 per sqm



### **Deco Molton FR**

Article-No. 3510

(in black and white)

from EUR 1,30 per sqm



### **Cotton Canvas 200 FR**

Article-No. 416

from EUR 1,26 per sqm

**In addition, the following accessories are suitable for attaching the mask to your head:**



### **Cotton Belt solid**

Article-No. 3533

EUR 0,18 per linear meter

### **Cotton Belt strong**

Article-No. 3531

from EUR 0,09

per linear meter



### **Beachflag Belt strong**

Article-No. 5040

(in black and white)

EUR 0,55 per linear meter



### **Elastic Tape**

Article-No. 4087

from EUR 0,09

per linear meter



### **Elastic Cord soft**

Article-No. 4524

EUR 0,20 per linear meter

*All prices mentioned are net prices and are calculated, plus statutory VAT. These are just sample photos, actual products may differ.*

## Contact

We will provide additional textile for face masks. Please get in contact with us.

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## Remember – Spreading infection can be stopped



### 1. Cough and Sneeze Recommendations

- Keep a distance, when coughing or sneezing, make sure to turn away from other people.
- Sneeze or cough into a disposable handkerchief or tissue, throw away after use. If using a textile handkerchief it needs to be washed at 60 °C afterwards.
- Always wash your hands, after; blowing your nose, sneezing or coughing.
- If you don't have a handkerchief, sneeze or cough into your arm bend and turn away from persons.



### 2. Hand Hygiene

These instructions apply at all times. Especially in cold and flu season, they help to protect against infection and other pathogens.

Many consumers are worried because hand disinfectants are hardly available at pharmacies and drugstores. However, washing hands is also a very effective and a simple method, to protect yourself and others from infections.

The biggest mistake people make when washing their hands, is not doing it long enough, and thus do not effectively reduce the number of germs on the skin. Thorough hand-washing should take 20 to 30 seconds and involves 5 steps:

- a. Hold your hands under running water, at a moderate water temperature.
- b. Apply soap to hands thoroughly and start washing: outside and palm of hands, then fingertips, thumbs, , then interlaces the fingers and wash the space between your fingers and fingernails.
- c. Continue with this thorough soaping and washing for 20 to 30 seconds.
- d. Wash off soap under running water. In public lavatories close water tap with a disposable towel or your elbow.
- e. Dry hands thoroughly. In public lavatories use a disposable towel.

If hand washing is not possible, avoid touching your face especially mouth, nose and eyes. Do not eat out of your hands.

Normal soap is sufficient. It is not proven by any study that using soap with antibacterial additives enhances prevention for the common people. Even cleaning without soap – just water, minimizes the number of pathogens.



### 3. Keep a distance of 1 to 2 meters away from people, in public.



### 4. Best prevention: Stay at home and avoid unnecessary social contact.

#### For further information follow below links which are listed for your own safety:

Corona virus update with Christian Drosten, Head of Virology at the Berlin Charité (hospital)  
<https://www.ndr.de/nachrichten/info/podcast4684.html>

The Lancet Respiratory Medicine

[https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(20\)30134-X/fulltext](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(20)30134-X/fulltext)

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

## Sewing instructions for a washable makeshift mouth-nose protection (MMNP)

### The following materials are required:

2 x 90 cm long and 2 cm wide strips of fabric (cotton belt, cotton ribbon)

2 x 17 cm long and 2 cm wide strips of fabric (cotton belt, cotton ribbon)

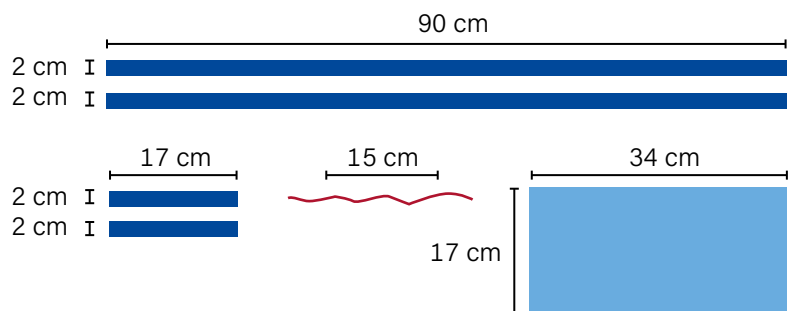
1 x 15 cm long, thin and flexible wire (e.g. craft wire, pipe cleaner, clamp wire of freezer bags)

1 x 17 cm x 34 cm cloth, made of breathable textile (be.tex® Display 210 FR, Deco Molton FR, Cotton Canvas 200 FR)

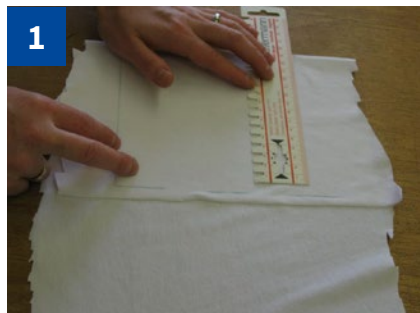
■ Breathable textile or binding tape

■ Breathable textile

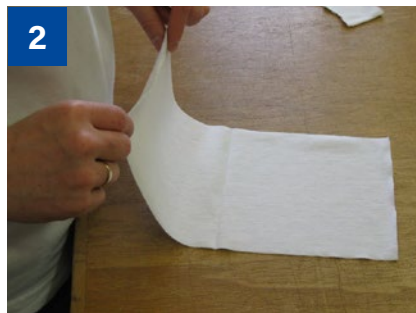
■ Wire for fixing in the nose area



### Instructions step by step



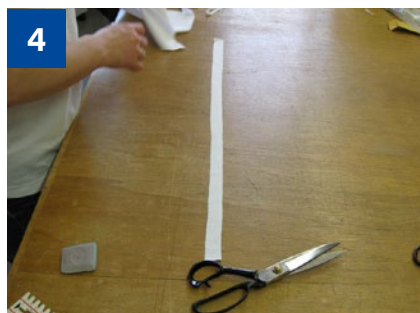
Take the 17 x 34 cm breathable textile/cloth (marked and cut-out precisely)



Fold the cloth in half and iron the fold, on a medium-high temperature



Fold the cloth into 3 "pleats" and iron the folds (pleat depth 1.3 cm)

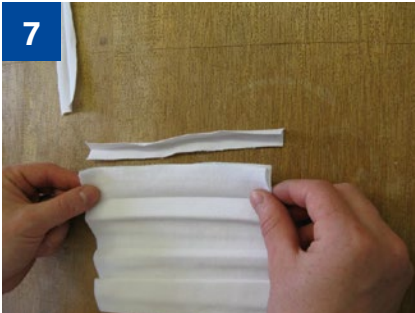


Take your two 90 cm long and 2 cm wide strips (headbands) and two 17 cm long and 2 cm wide strips (edge reinforcement) made of cotton fabric.

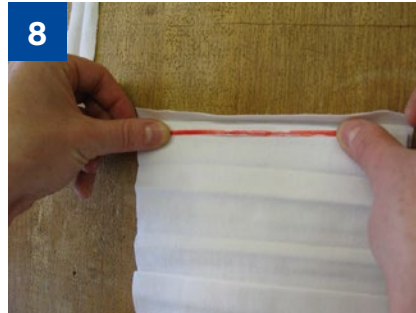


Iron all four strips in half (Diagonal stripes)

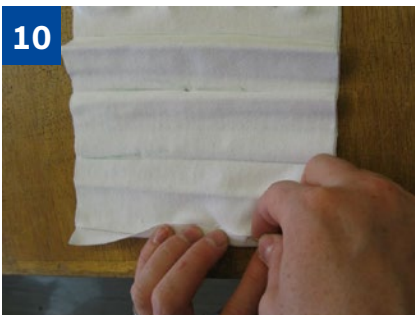




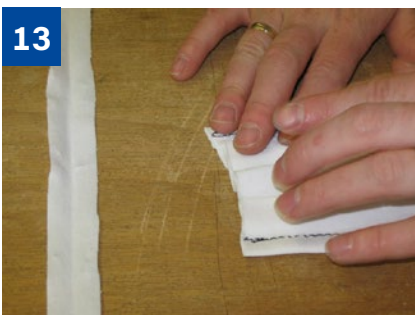
Put the cloth in the top and bottom of the insert edge reinforcements



Put a wire in the edge reinforcement on the upper part and slot this over the edge of the main cloth.



Pin the edge reinforcements to the cloth, and sew up securely



Put the ironed pleats of the cloth together, fold and center, and insert in the headbands on both sides



Pin headbands in and then, sew up securely.



### Care and cleaning of the washable makeshift mouth-nose protection

The washable MMNP should always be stored dry, and after use, it must be removed carefully. As far as possible when removing, do not touch the outer surface. After taking off, please wash your hands.

Used MMNP should be cleaned after use or at least once a day. You can either put them into the washing machine and wash at 60 °C, or on the stove in a water bath (5 minutes) boiled, and then dried in the oven at 70 °C.