

## Information on FFP2 Masks

Compared with conventional medical face masks, FFP2 masks provide not only protection for those around you, but also increased self-protection against infectious particles, droplets and aerosols.

However, in order to minimise the strain caused by increased breathing resistance, the Robert Koch Institute recommends limiting the time that you wear an FFP2 mask to approximately **75 minutes with a subsequent 30-minute break**. For this reason, FFP2 masks are not recommended for activities where the aforementioned duration of use is regularly exceeded.

FFP2 masks should be handled and put on in the same way as other mouth/nose coverings, but it is important to ensure that FFP2 masks fit tightly.

In principle, manufacturers intend FFP masks to be single-use products. However, when used for private purposes (e.g. shopping) or on university premises, FFP2 masks are likely to have only a low level of pathogen contamination and can therefore be reused.

To ensure the hygienic reuse of FFP2 masks, the following options are available:

### 1. Drying the used mask at room temperature for seven days

Please note: The masks should not be placed or hung on the heater to dry. 30 °C to 40 °C are optimal growth conditions for many bacteria and fungi in moist masks.

### 2. Drying the used mask in the oven for 60 minutes at 80°

- Outside the oven, cover the oven rack with baking paper.
- Set the oven to 80°C, using top and bottom heat if possible.
- Once preheating is complete, place the rack and mask(s) in the oven.
- The FFP2 mask(s) should now remain in the closed, 80°C oven for 60 minutes.
- After heating, allow the mask(s) to cool on the rack outside the oven.

**Please note:** A mask should only be reused in this way up to **five times** and then disposed of in the household waste.

It is also important not to treat the FFP2 masks in the microwave, washing machine or dishwasher, or with UV light.