

# Presse-Info

Göttingen, 28.03.2020

LANDKREIS GÖTTINGEN



## Press Release

**Coronavirus: a call to sew mouth-Nose- protection masks.**

**Municipal administrations accept washable protective masks.**

Protective masks are important life-saving equipment in the days of coronavirus pandemic. In the same time, they are in short supply due to the surge in demand and delivery problems.

Initiatives such as the manufacture of self-sewn fabric protective masks are currently an important addition to the supply of urgently needed material.

That is why the district of Göttingen calls for suitable mouth-and nose to be sewn.

Cotton fabric that can be washed at 95 degrees Celsius can be handed in to the town halls and municipal administrations of the cities and municipalities of the district.

The use of protective masks with the appropriate protection class reduce the risk of infection for the wearer.

People who deal with potentially infected people, such as personnel and emergency workers in the health sector, need protective masks from professional production.

Protecting people belonging to the risk groups, for example elderly or immunocompromised people in old people homes and nursing homes, is just as important.

Mouth-nose protection masks with low protection status can also help. Here volunteers can support by sewing the washable protective masks, even they offer only limited protection.

There are already voluntary initiatives in many localities from associations and private individuals in the district. This commitment and the creativity of volunteers could be worth their weight in gold, emphasize district councillor Marlies Dornieden, the head of the SAE covered 19 staff of the district, „we have to and want to use that“.

At the same time, we have to keep an eye on where these protective masks are most urgently needed, „she makes clear“. Therefore, she calls for self – sewn protective masks to be made available to the district through the municipal administrations. The district internally distributes this centrally. „We in the staff now where the need is greatest.

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If we can provide targeted help there, the help of the volunteers comes into its own, and it prevents that deliberately sewn masks end up somewhere where they are not needed. „Explain district councillor.

Self-sewn protective masks are not suitable for protecting against infection with the coronavirus, but they can prevent the virus from spreading if a potentially infected person wears such a mask. They reduce the risk of infecting another person through sneezing or coughing.

For people who are susceptible to infections, such a mask is also valuable.

Corona viruses are also transmitted via smear infections which are favoured by frequent attacks on the nose, mouth or eyes. A mask can prevent such a thoughtless grip on your face and thus protect the wearer.

The washable protective masks of the volunteer's should be used in old people homes and nursing homes and for people who are required to come into contact with many people in the social field. Instructions on how such protective masks can be made and instructions on what to watch out for, can be found on the internet of the German general practitioners association, and lower Saxony association([sewing instruction for mouth- nose protection](#)) and, on the website of the city of Essen([sewing and care instructions for makeshift mouth-nose protection](#)).

#### General information on corona virus

The city and district of Gottingen have set up a citizen phone for questions and information's about corona virus: telephone 0551 7075 100 it can be reached from Monday to Sunday from 8 a.m. to 1 p.m. and from 3 p.m. to 6 p.m. medical advice does not take place, the citizens telephone is not substitute for a doctor.

If you suspect an infection, contact the doctor concerned by phone.

The test centre of low Saxony association of statutory health insurance physicians must not be visited on their own initiative, only People who have previously been register by their general practitioner are tested there. The [business promotion region Gottingen WRG](#) offers information on its website for traders and can be reached for questions at telephone 0551 52 54 980. Separate information for self-employed and freelancers is posted on the website of the district of Gottingen.

All details on coronavirus and the location in the city and state of Gottingen can be found in the [live ticker](#).

It is recommended to download the free [KATWARN App from the district and city of Gottingen](#) for your smartphone or tablet-pc. Essential messages and warnings are set here.

It is available in respective App-Store.

German Association of general practitioners

Regional Association of lower Saxony e.V.

## **Sewing instructions for mask shift-mouth-nose protection**

Dear colleagues,

Corona virus is transmitted primarily through droplet anytime anywhere. Wearing a mouth- nose guard can reduce the distribution of droplets in the area and to contact persons.

In order to protect ourselves and others in times of delivery problems, we have researched these sewing instructions for makeshift mouth- nose protection, and recommended that you involve your patients in productions and make them available to your practice, especially in contact with the risk persons, the following is the result of the distribution:

1. Practice. 2. Nursing service. 3. Risk patient and general population.

For each user, two masked should be scheduled per day, which can be washed in the evening and can be reused the next day.

According to a well-known infectious disease, these are almost as effective as a regular masks.

Attention: production and use is at your own risk! The makeshift mouth-nose protection is neither tested nor certified and is only a tool.

### **Washable makeshift mouth-nose production.**

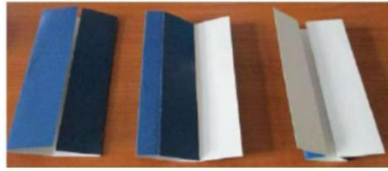
Required material: breathable cotton fabric (e.g. dishcloth, bed sheet, T-shirt without spandex etc.) and then, flexible wire (e.g. handicraft garden clamp of freeze bags).

Breath permeability test: double-layer the cloth, close it tightly around your mouth and nose, and if you can breathe in and out without greater breathing resistance the material is suitable.

Manufacturing.



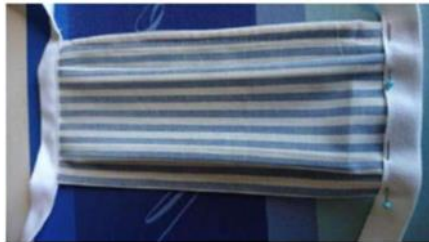
1. Mark and cut out a 20 by 20 cm cloth, sew one side, sew the opposite side together with drat



2. fold the piece of textile and let the Felds unfold: place the piece of fabric on the outside, fold 4 parts inwards (book folding) place and iron the outer fold, place the outer fold on the inside and iron



3. Fix the folded textile piece with pins.



4. Two strips of cotton bias tape, 90 cm long 2 cm wide. Both strip cut in half, insert piece of textile and sew on.

**Once makeshift-mouth-nose protection.**

Required material: 30 by 30 cm breathing permeable cotton fabric (e.g. dish towel, bed sheet etc.) or disposable material (firm cleaning cloth) and two household rubbers, office ticker

Manufacturing.



1. Fold the textile pieces as an accordion, alternative between mountain and valley fold
2. Unfold once, place rubber on folded ends and attach both with the tacker



Family doctor association for lower Saxony- we do something

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