COVID-19-measures at the TU Wien:
Mouth-Nose-Protection FFP2

Genreal requirements
- The face must be clean-shaven. A beard may prevent the mask from fitting tightly.
- Jewelry must be removed.
- Longer hair must be tied back at the back of the head.

Putting on the mask
- Hands must be washed thoroughly with soap or disinfected before putting on the mask to prevent the transfer of viruses to the mask.
- Check the mask for durability. No cracks or damage should be visible.
- Remove the mask from the packaging and open it carefully without touching the inside.
- Put on the mask:
  FFP2 masks are available with a neck strap, as a fish-type or with ear loops.
  - Pull the mask over the chin, mouth and nose and press it against the face.
  - Grasp both ear loops with your hands and guide the loops over both ears.
  - Press on the nose bridge and, using the fingertips of both hands, shape the frame of the mask to the contours of the face from the bridge of the nose down to the cheeks. Simply squeezing the strap does not ensure a secure and tight fit of the mask.
- Checking the tight fit:
  - First inhale forcefully: if the mask fits tightly, it will be pressed against the face when you inhale. If the fit is poor, this contact pressure decreases immediately.
  - Then exhale forcefully: a positive pressure must be felt in the mask.
  - If a leak is detected, the mask must be repositioned. Repeat the process until the mask fits tightly.
- Finally, the nose, mouth area and also the chin should no longer be visible.

Wearing time
- For masks without an exhalation valve, the maximum continuous wearing time is
  - a maximum uninterrupted wearing time of 75 minutes
  - followed by an interruption of 30 minutes
- However, wearing times of several hours are also common (e.g. in operating rooms, intensive care units or laboratories) and tolerable, as long as no severe physical stress is involved.
- Break arrangements that deviate from this are also potentially suitable, if they lead to the same result in terms of relief and recovery, e.g. Several short breaks that are routinely needed (eating, drinking, WC).
- Pregnant women should not wear masks due to breathing resistance.
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Mask change

- If the mask becomes soaked.
- After contact with contaminated hands.
- In case of visible contamination.

Additional Information

Wearing the FFP2 masks often creates a false sense of security among people, whereby measures such as keeping a distance and hand hygiene are easily neglected.

Wearing the FFP2 mask does NOT invalidate the basic protective measures.