

**For the personal protection from contagion, infection and disease, the following measures shall be heeded and strictly held to:**

**Special attention is required for the handling, avoiding or implementing of the following important things:**

1. The wearing of respiratory protective masks in dealing with other persons who are outside of the personal family circle or personal group circle should be a responsible duty as a matter of course.
2. Hand shaking, body touching, breathing on, coughing on and sneezing on is to be avoided.
3. The touching of the eyes, nose or mouth is to be avoided.
4. A thorough hand washing after contacts with other persons, as well as after using sanitary equipment, ought to be just as self-evident as hand washing after going to the toilet.
5. An intensive airing out of living rooms, kitchens, offices as well as any kind of rooms for meeting and gathering and so forth should be a duty.
6. Visits to events of every kind are to be avoided, such as to football matches, department stores, discos, hospitality venues, theatres, cinemas, places of worship, markets as well as every other mass gatherings of any kind.
7. Used disposable handkerchiefs shall be correctly and safely disposed of just as shall used disposable respiratory masks and disposable gloves.
8. Close contacts with persons who are possibly infected with the rampantly spreading corona disease shall be strictly avoided.
9. All necessary caution or possible isolation from persons infected by the rampantly spreading corona disease shall be explicitly heeded and observed.
10. For persons who are ill with fever, particular pains, loss of taste and so forth, it is recommended in the personal interest to undertake a corona test and to remain at home. With a positive test result contacts with other persons shall immediately be avoided and therethrough further infections avoided.
11. The wearing of a FFP respiratory masks can prevent two things:
  - a) On one hand, the wearing of a high quality FFP respiratory protection mask effectively prevents a person infected with the coronavirus expelling any macroscopic saliva droplets when speaking and from exhaling exhalation aerosols;

consequently, neither saliva droplets nor exhalation aerosols from corona infected persons get into the air and therewith into the oral and nasal mucosa of other persons.

b) On the other hand, wearing a high quality FFP respiratory protection mask effectively prevents that persons who are healthy and not sick with coronavirus, [but who are carriers of the virus] on one hand, likewise throwing out macroscopic saliva droplets and breathing out exhalation aerosols and consequently neither saliva droplets nor exhalation aerosols get into the air and consequently therethrough as a rule also no infecting transmission onto other persons can occur.

c) Respiratory protection masks also serve for the personal protection of the wearer, because the mask separates manifold particles and so forth of all kinds out of the air breathed.

d) In contrast to unsuitable purely fabric masks, pocket, neck and head kerchiefs and paper masks as well as poor quality FFP1 masks and a simple mouth-nose-protection, the degree of separating of the high-quality particle-filtering FFP half masks is determined by standardised tests.

e) Every person has to be clearly conscious that the coronavirus is a highly infectious moment, whereby only one single virus is required in order to be infectious, however 2 viruses trigger the disease, cause an outbreak and lead to an infection. In order to largely prevent this, an FFP2 respiratory protective masks offers a good protection when one is at risk. However, the best possible protection is offered by FFP3 respiratory protection masks. However respiratory protection masks do not give a complete protection from infection from viruses of all kind, because even the FF3 masks can be up to 95% secure at most. Even total over-all protection suits and corresponding integrated respiratory protective devices, which must be cleaned again before removal through a chemical shower, can at best guarantee a top security of only 99%.