

Types of Masks

The school has studied the choices of masks that are available on the market in the context of the COVID-19 epidemic.

Here are the masks recommended by the FOPH for personal use:

- **Medical surgical masks:**
Such masks, when used correctly, primarily protect other people from infection. If you have symptoms of an acute respiratory disease, you should use a mask of this kind.
- **Industrially produced textile mask:**
When used correctly, this type of covering primarily protects other people from infection.

Not recommended by the FOPH as not providing reliable protection:

- Homemade textile face coverings:
- Filtering facepiece (FFP) or FFP2/ FFP3 masks
- Face shields

Labels and Guidelines

Surgical and textile masks can be bought in retail shops or online. If buying a textile mask, make sure that it meets the recommendations:

- The mask must be designed to cover the nose, mouth and chin. It should ensure a tight fit on the sides. It should be changed after 4 hours of use.
- The ideal combination of material for non-medical masks should include three layers as follows: 1) an innermost layer of a hydrophilic material (e.g. cotton or cotton blends); 2), an outermost layer made of hydrophobic material (e.g., polypropylene, polyester, or their blends) which may limit external contamination from penetration through to the wearer's nose and mouth; 3) a middle hydrophobic layer of synthetic non-woven material such as polypropylene or a cotton layer which may enhance filtration or retain droplets.
- The mask must be able to withstand a wash of either ≥ 5 cycles or according to manufacturer information at $\geq 60^{\circ}\text{C}$.
- An easy label to look for is ["TESTEX Label" for community masks](#)

Recommendations on available masks in Switzerland?

	Surgical Masks	Textile Masks HEIQ virus block layer	Textile Masks Standard or EMPA
Masks per day	2	2	2
Masks per week	10	10	10
Number of washes	N/A	25 to 30 per mask	more than 5
Price range (CHF)	20 per box of 50	20 to 40 per mask	8 to 20 per mask

Online mask providers:

- [Swiss-textiles-shop](#)
- [HEIQ Viroblock](#)
- [BREEZ](#)