

Handmade mouthguard with colorful ribbon – made by Herzzucker

Instructions for use – very important!

- 1. Wash your hands beforehand**
- 2. Unpack the mask from the foil – apply and ‘form’ the nose bridge.**
- 3. Secure bottom headband at the nape of your neck.**
- 4. Secure top headband above the ears.**
- 5. Customize headbands snugly to fit your head. Not too tight, not too loose.**
- 6. Check the mask seals of your face - and fan out the folds**
- 7. Exchange mask every 8 hours**
- 8. Upon removal DO NOT TOUCH THE FRONT OF THE MASK! Only touch the bands. Put the mask in a fine-meshed laundry bag immediately and wash at 90°!!**

Subsequently, wash your hands thoroughly!!

This mask is not a respiratory protection mask!

The mouthguard can prevent direct contact with the nose and mouth and thus intercept at least some of the pathogens.

SWITCH MOUTHGUARDS REGULARLY, TO AVOID GERMIFICATION!

Wash hands properly:

- 1. Moisten hands well**
- 2. Soap thoroughly**
- 3. Spread foam everywhere – thumbs - back of the hand – fingertips - in between spaces**
- 4. Rub your hands together for at least 20 seconds**
- 5. Rinse off the foam well**
- 6. Dry your hand thoroughly (preferably with your own towel – or paper towels)**

Please remain away from each other for 1,5 meters but above all, stay healthy!! Liefs, Elian

CAUTION!! Please read the instructions carefully before using for the first time!