It is very important to disinfect your face masks as often as possible after wearing them. Otherwise, they cannot offer you the maximum protection. You have the choice:

**Wash it!**
As often as possible and at minimum 60°. Preferably let it dry outside.

**Put it in the oven!**
For 10 minutes at 80°

**Put it in the microwave!**
At a high watt number for several minutes.
Disinfection via water vapor.

**Iron it!**
If you are in a rush, at least quickly iron over it. However, it is better to wash & iron it for optimal protection.

*Source:* German Federal Institute for Medicine & Medical Products; German Society for Hygiene & Microbiology; Robert Koch-Institute; based on a graphic idea of German TV magazine WISO