

Covid-19 is an airborne infection. This means that the virus is transmitted from the respiratory tract of the afflicted person particularly during coughing or while speaking with a raised voice. Especially during coughing, the nursing staff present are subjected to a cloud of droplets. A respirator mask will prevent these persons from immediately inhaling such a virus, but cannot prevent the virus from settling on unprotected body surfaces. Whereas hands can largely be freed from virus through washing and disinfection, this is impossible for the forehead, cheeks, hairs in the ears and the throat.

Therefore, it is of utmost importance when dealing with airborne infections to cover the whole body surface, so that the virus can be discarded with the protective clothing and be made harmless. In order to protect nursing staff from infection, it is extremely important that the head and throat are completely covered in order to prevent an unconscious movement of the hand leading to particles of skin being rubbed into the eye.

Based upon the clinical experience with protective clothing against infection in international humanitarian aid, the CoroNo – a hood for care and rescue service personnel which can be easily produced – was developed at the University of Applied Sciences in Münster.



picture: Dzemila Muratovic

## What you need:

- a sewing machine
- a pair of scissors
- a tape measure/rule
- a set square
- pins
- cloth that can be boiled (eg. cotton)
- thread that can be boiled
- an elastic band (about 150 cms.)

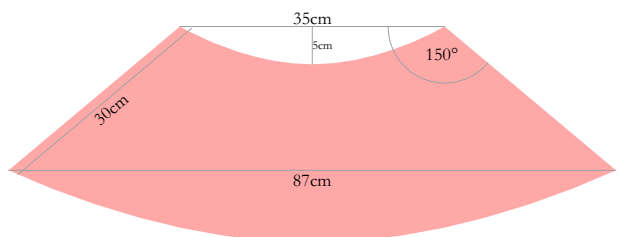
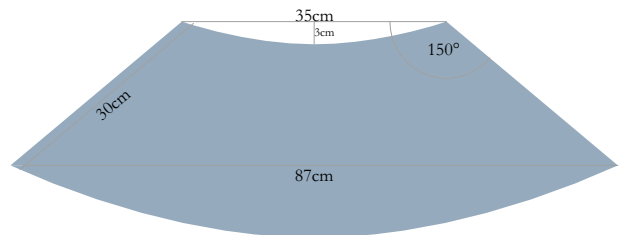
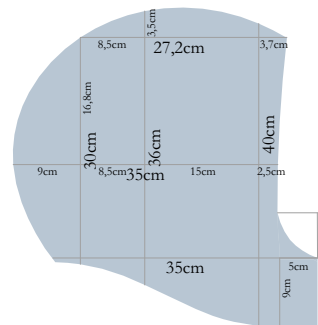
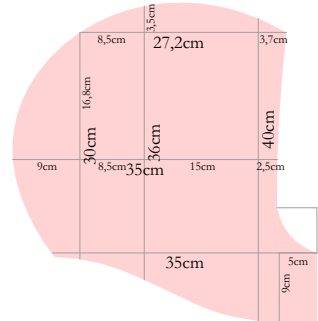
## Pattern:

Pink – hood left  
 Blue – hood right  
 Red – protective piece front  
 Dark blue – protective piece rear

(The protective pieces at the front or at the rear can be shortened according to how they are used.)

**N.B.** When cutting the cloth, always leave a border of about 2-3cms. for sewing.

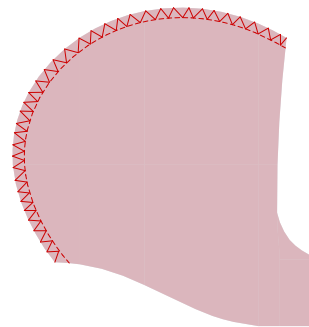
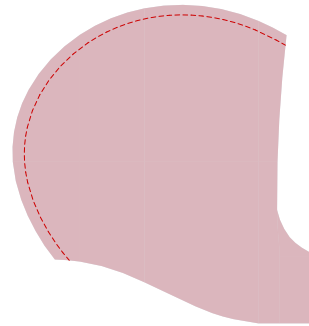
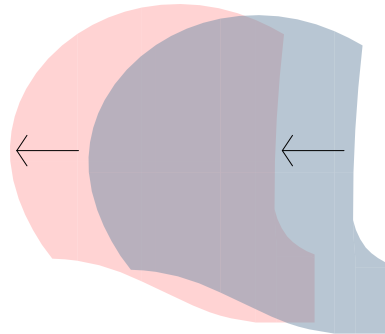
Additionally, in the diagrams, you sew on the left and then on the right which means that the seam disappears into the inside of the hood.



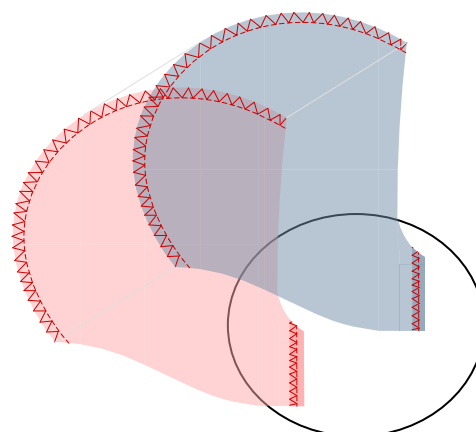
instructions

depiction

**1** . Sewing the hoods; the seams are fixed with a zick-zack stitch.



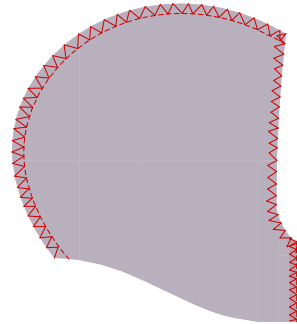
**2** . Sewing the separate neck seams. Firstly, secure the end of the seam with a zick-zack stitch, turn the cloth and subsequently sew together.



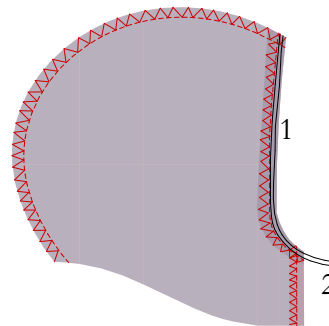
instructions

depiction

**3 .** Secure the face seam with a zick-zack stitch.



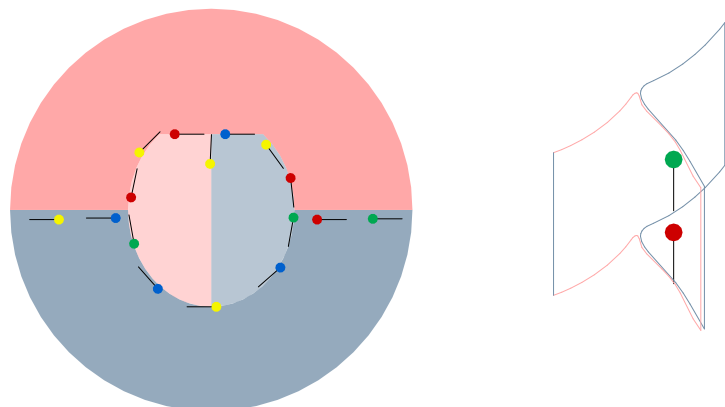
**4 .** 1. Turn the cloth, insert the elastic band and sew this with normal stitches.



**N.B.** Take care that the elastic band is not sewed into the seam; it must move freely as it will have to be replaced if damaged.

**4 .** 2. Turning and stitching together the neck section.

**5 .** Affix the protective piece front and protective piece rear on to the hood with pins. Then affix the protective piece front with the protective piece rear with pins.

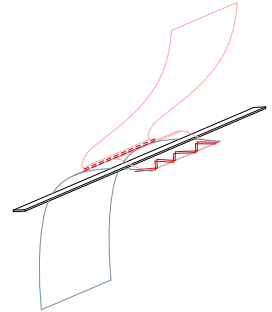
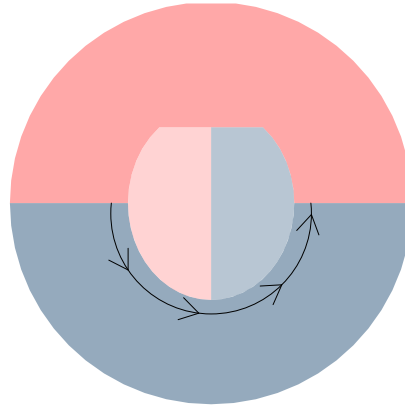


instructions

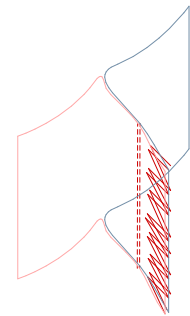
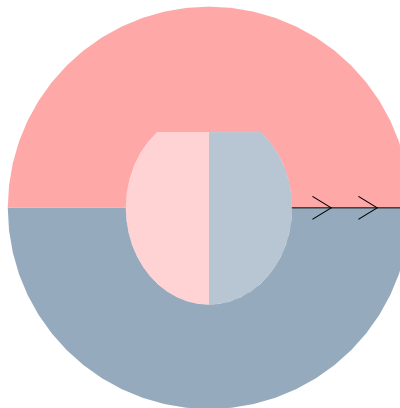
depiction

**6.** Sew the hood and back protection piece together with normal stitches. Insert the elastic band and secure this and both seams with a zick-zack stitch.

**N.B.** Take care that the elastic band is not sewed into the seam; it must move freely as it will have to be replaced if damaged.

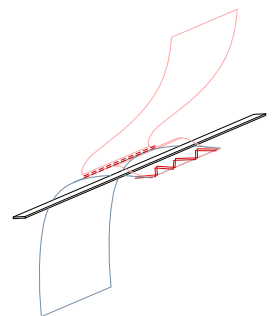
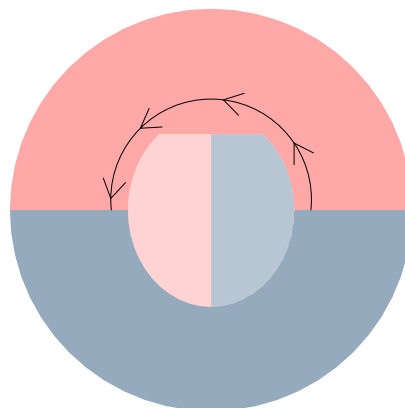


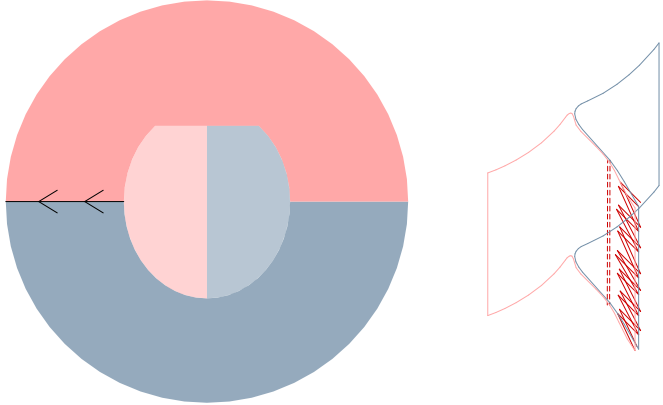
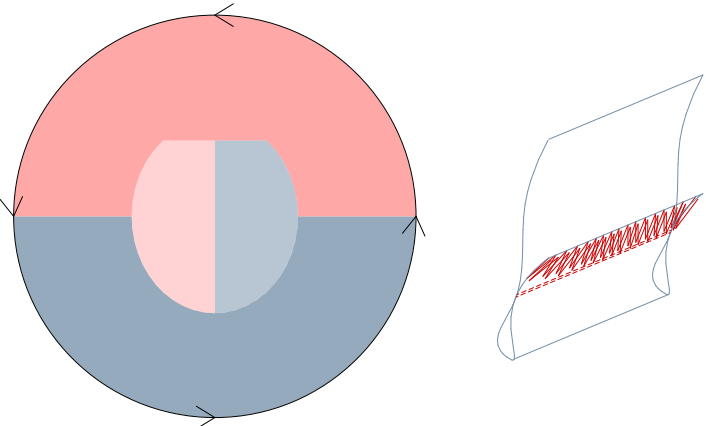
**7.** Before the front protection piece is sewed on, the red and dark blue seams are sewn together and secured with a zick-zack stitch.



**8.** Hood and breast protection piece are sewn together with normal stitches. Insert the elastic band and secure this and both seams with a zick-zack stitch.

**N.B.** Take care that the elastic band is not sewed into the seam; it must move freely as it will have to be replaced if damaged.



instructions	depiction
<p><b>9.</b> The second red and dark blue seams are sewn together and secured with a zick-zack stitch.</p>	
<p><b>10.</b> Finally, the lower part of the back/breast protection piece is secured with a zick-zack stitch, the seam turned over and sewn with normal stitches.</p>	

Should you have questions or suggestions, please contact:

Larissa Bimberg:  
Bimberg.corono@web.de

Stay healthy!

The CoroNo team:

Prof. Dr. med. Joachim Gardemann  
Annika Marie Buschmann und  
Larissa Viktoria Bimberg