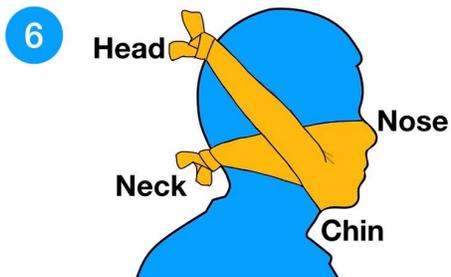
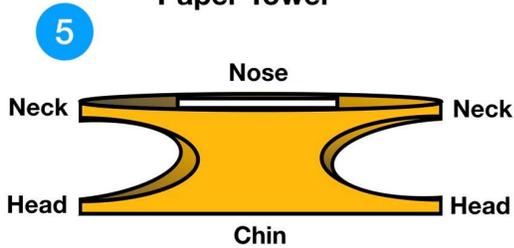
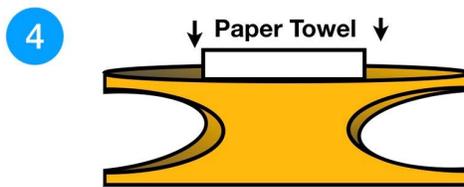
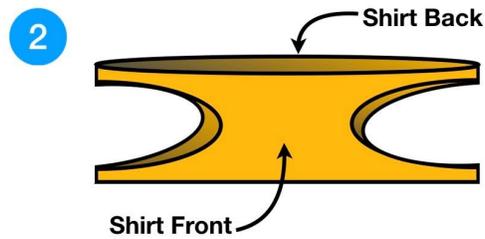
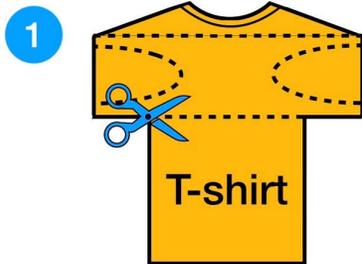


HOMEMADE FACE MASKS

T-SHIRT MASK

My mask protects you. Your mask protects me.

#Masks4All <http://masks4all.co>



HOMEMADE FACE MASKS

BANDANA MASKS

1. Lay out a bandana or cut a 22"x 22" square of cotton fabric
2. Place a flat coffee filter in the center of the square (optional)
3. Fold the top and bottom in towards the center
4. Place a twist tie, paper clip, or other metal piece close to the top (optional)
5. Fold the top and bottom in towards the center
6. Fold the sides in towards the center, placing your ties at the folded crease. If you're using rubber bands or hair ties, loop these around the fabric. If you're using shoelaces or string, place the center of the string in the folded crease and pull the straps tight
7. Tuck one end of the fabric into the other
8. Lift the mask to your face and secure the straps. For hair ties and rubber bands, loop them over each ear. For shoelaces and string, tie them behind your head. Adjust as needed, making sure your mouth and nose are completely covered

SOCK MASKS

1. First, gather your materials. You will need a pair of sharp scissors and a clean cotton sock — an athletic ankle sock works well — with a tight weave. You can also use a longer sock and cut off the top.
2. Lay down the sock horizontally on a flat surface. Using your scissors, cut the sock in half between the toe and the heel. Remove the half with the toe and discard.
3. Turn the sock vertically so the cut end is at the top, and the heel to your left. Make another cut on the right side from the ankle opening to the cut end of the sock.
4. Fold the sock in half.
5. At about 1/2 inch from the edge, cut a 1/2- to 1-inch slit starting from the fold. Do not cut all the way through the sock.
6. Open up the fabric.
7. For extra protection, place a folded piece of fabric (T-shirt material or cotton cloth) in the nose and mouth area.
8. To put on the mask, stretch the loops over your ears. Make sure it fits snugly over your nose and mouth and that you can breathe freely.
9. Wash your hands before you put on the mask and after you remove it.
10. Launder your mask frequently, ideally after every use.