

## FACE MASK DESIGNED BY A NURSE



Wash your mask prior to use - if drawstring needs to be put back in place, use a safety pin to help guide it back through - two sided mask with different fabrics for front & back.

This information is also available on my website: [www.quiltscrystandcrafts.com](http://www.quiltscrystandcrafts.com)



Filter pocket on the back side

You may want to look online for suggested filters for face masks. Suggestions for filters - Hepa filter and coffee filter, cut them to fit inside your mask. Another option: 100% cotton T shirt. This mask can also be worn over a N95 mask to protect it with a washable mask, to extend the life of the N95. If you do this, do not add a filter in the pocket.

## How to put the mask on...

The top of the mask has a wire for a secure fit around the nose. The bottom of the mask has the solid piece of the drawstring.



Fig A



Fig B

Hold the mask in front of you with bottom side up & the front of the mask toward your chest – Fig A. Place the string/tie as shown in Fig B - over your head.



Place the string behind your neck.



Take the ends of the string/ties and pull the mask up over your face, pulling the ties to scrunch the mask down tightly over your face from nose to chin. You may need to push fabric down on both sides of the drawstrings for a good snug fit.



Tie it as shown, having the ties sit securely above the ears. Make any adjustments for a secure fit. Press the wire to fit securely around your nose.

