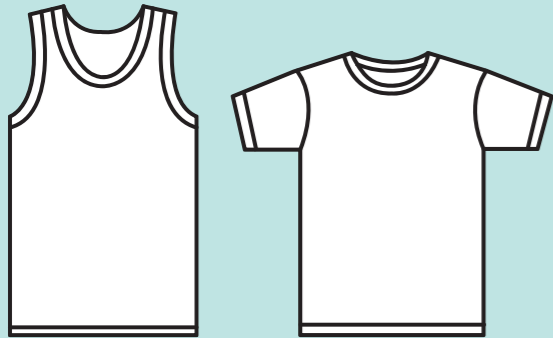


# EASY FACE MASK

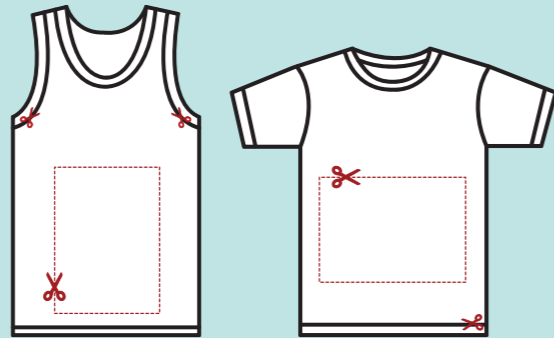
Masks lower chances of coronavirus entering the respiratory system through droplets. Here is a simple way to make a face mask from an old vest/ t-shirt that **REQUIRES NO STITCHING** and offers basic protection. Using such a mask allows healthcare workers to access limited stocks of professional N95 respirators and surgical masks.

1



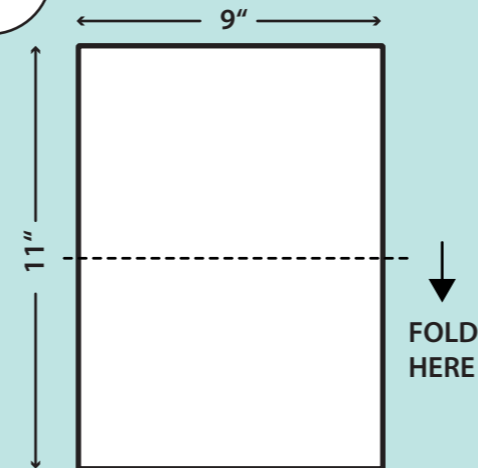
Take an old vest or a t-shirt. You can make at least two masks from one vest.

2



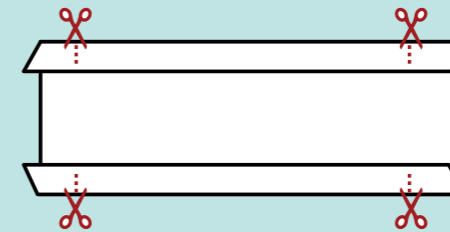
Cut a rectangle (11 in x 9 in)\* and two straps for tying.  
\*Cut a smaller rectangle for children.

3



Fold the rectangle at the centre.

4



Fold the top and bottom and cut four small slits to insert the straps.

5



Insert the straps in the slits from one end and pull it from the other end.

6



Adjust the straps through the four slits and your mask is ready for use.

7



Tie the mask as shown. Tie the upper strap first and then the lower one.

8



Make sure the mask fits well on your face with no gaps at the sides.

## Precautions and usage guidelines:

- (1) Never reuse a mask without cleaning and disinfecting it. We recommend that you make two masks so you can wear one while the other one is cleaned and dried. If the mask becomes damp, use another mask.
- (2) Do not touch the outer surface of a mask, remove it only with straps behind. Untie the lower strap first then the strap above.
- (3) After removal, clean your hands, and properly wash and clean the mask with warm soap water, rinse and dry it well in the sun (or use a hot iron) before using it again.
- (4) To increase filtration efficiency, you may insert a paper napkin or a cloth layer between the folds.

Please note that these masks are not replacements for professional protective equipment (like N95 respirators). However, cotton t-shirt (hosiery) material has been shown to be an effective mask material and even minimal protection could make a significant difference in controlling the spread of the virus. References: [tinyurl.com/cottonmask1](https://tinyurl.com/cottonmask1), [tinyurl.com/cottonmask2](https://tinyurl.com/cottonmask2) and [tinyurl.com/PSAIndiamask](https://tinyurl.com/PSAIndiamask)