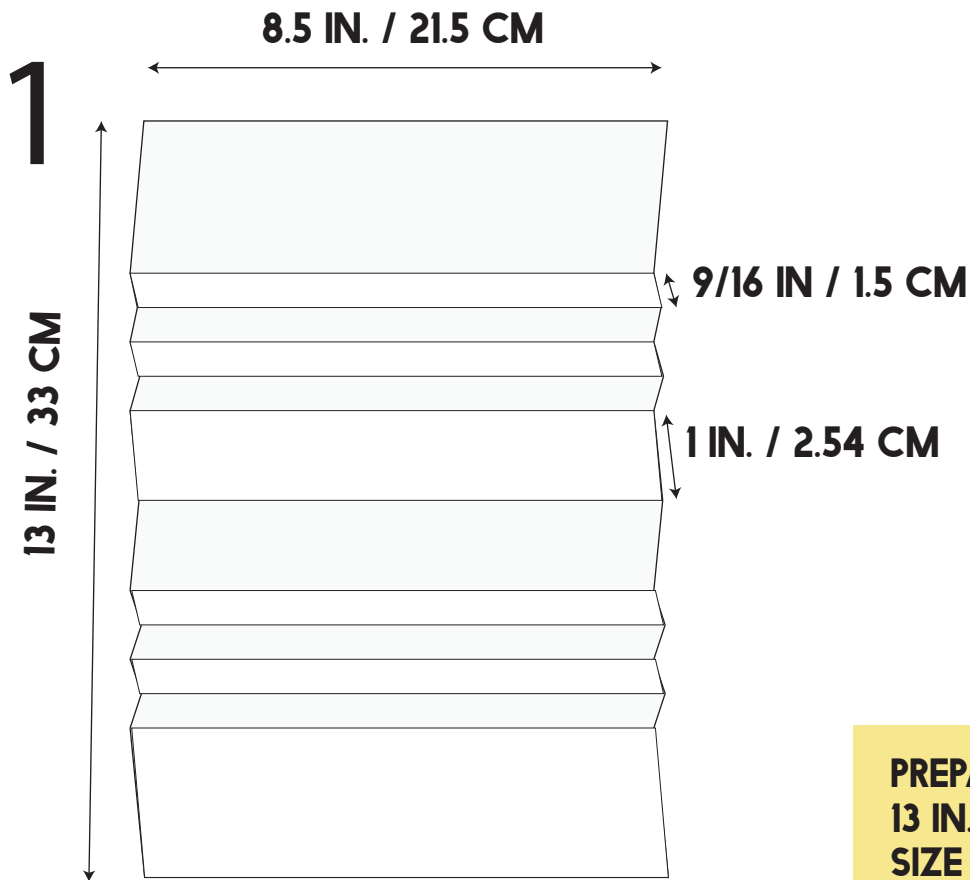


# EASY CLOTH FACE MASK

WITH POCKET TO INSERT FILTERS TO PROLONG USAGE



## MATERIALS NEEDED:

SEWING MACHINE OR THREAD AND NEEDLE

RIBBONS OR ELASTIC FOR EAR LOOP

TIGHTLY WOVEN COTTON CLOTH  
(EX. 100% COTTON TSHIRT, PILLOWCASES)

PINS

IRON (OPTIONAL)

SCISSORS

PREPARE A RECTANGULAR PIECE OF FABRIC.  
13 IN. X 8.5 IN FOR ADULTS. ADAPT TO SMALLER  
SIZE FOR CHILDREN.

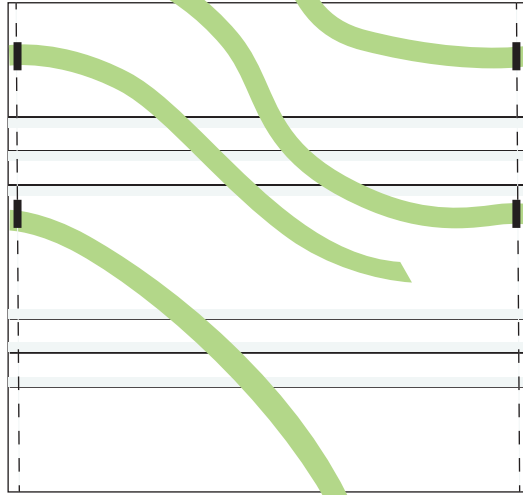
MAKE SEVERAL PLEATS BY MAKING FOLDS AND  
PINNING THEM TO HOLD THEM IN PLACE TO  
PREPARE FOR SEWING.

IF YOU HAVE AN IRON, YOU CAN USE IT PRESS THE  
PLEATS, BUT IT IS NOT NECESSARY.

2-3 PLEATS SHOULD SUFFICE TO FIT THE  
AVERAGE-SIZED ADULT FACE.

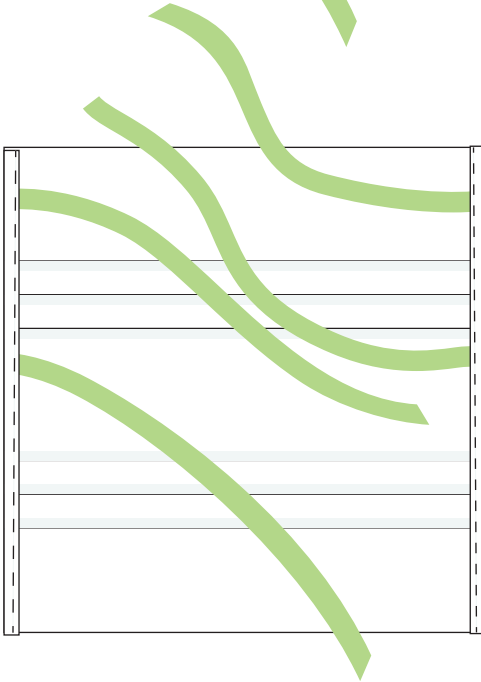
SEW THE EDGES TO MAKE THE PLEATS

3



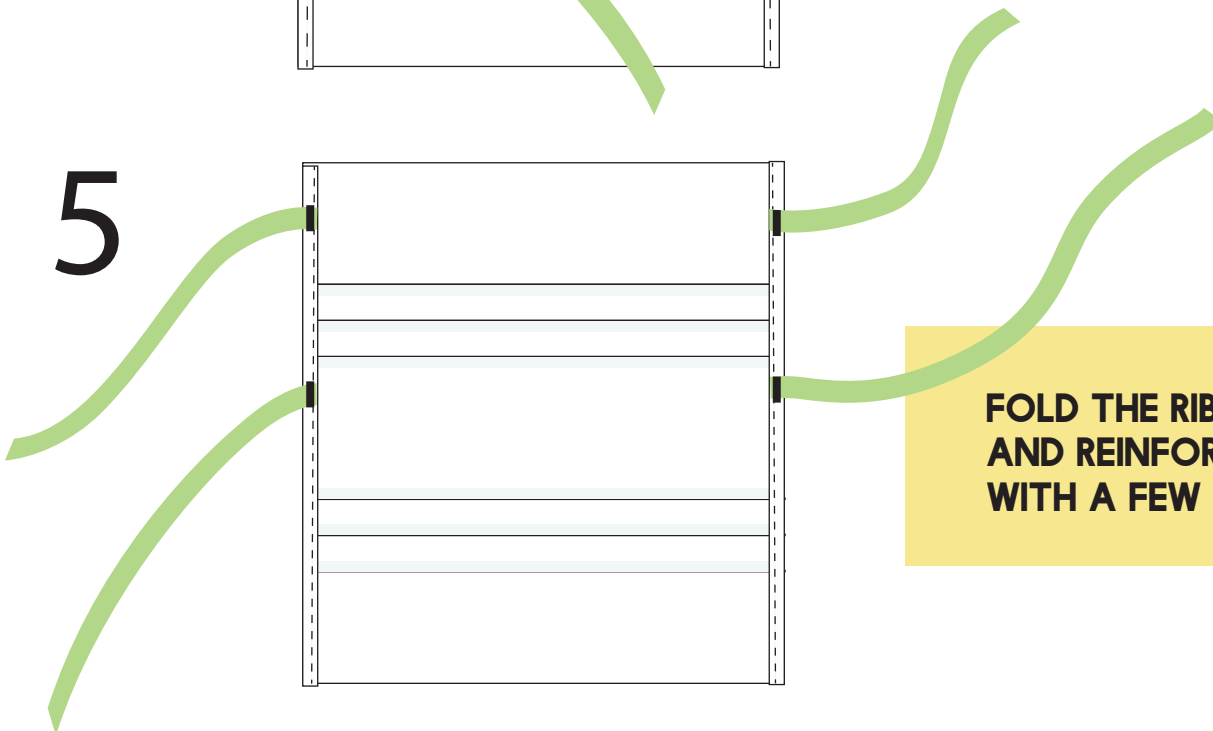
ATTACH 6 IN / 15 CM LONG RIBBONS

4



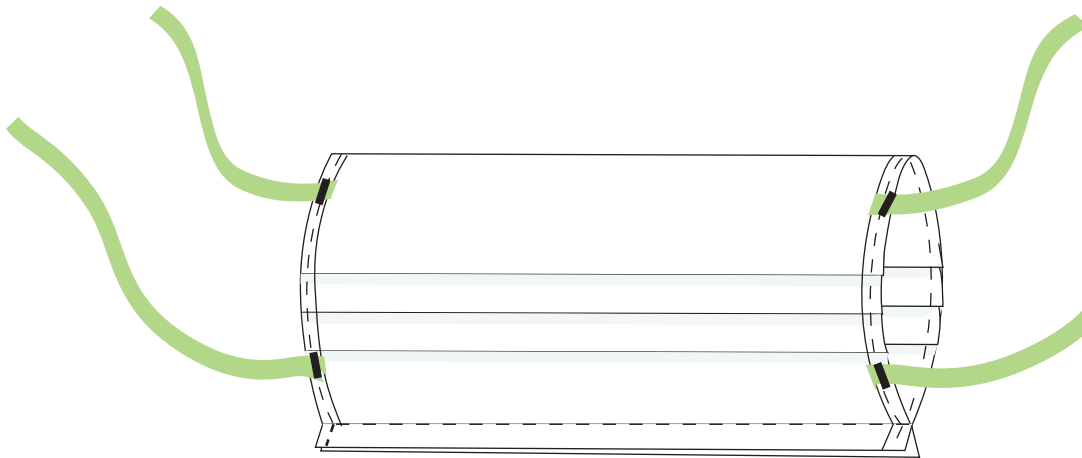
FOLD OVER THE EDGES ABOUT 3/8 IN / 1 CM,  
USE PINS OR PRESS FLAT WITH AN IRON AND  
SEW A HEM.

5



FOLD THE RIBBONS TO FACE OUTWARD  
AND REINFORCE THE CONSTRUCTION  
WITH A FEW MORE HEAVY STITCHES

6

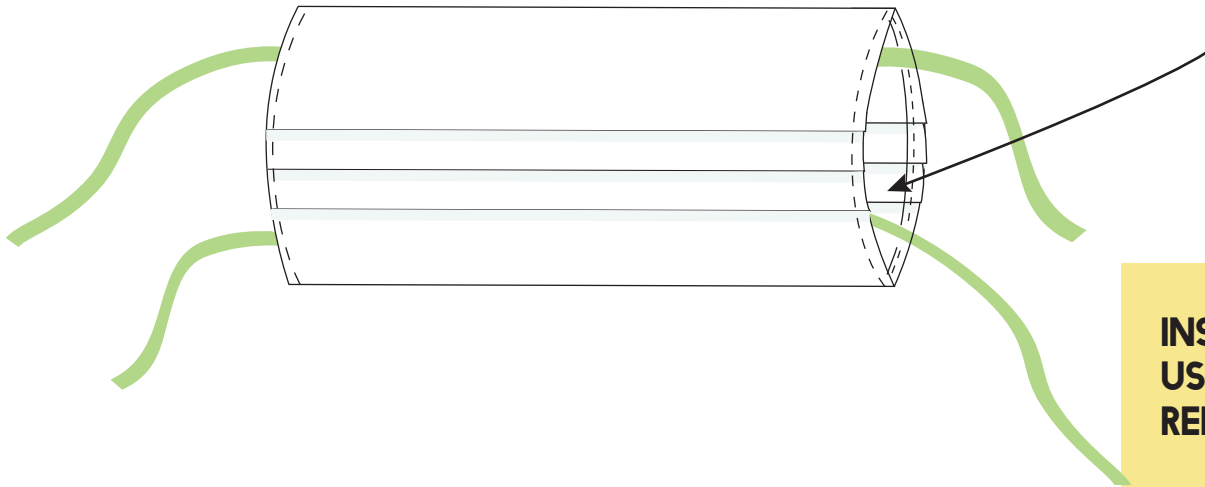


**FOLD IN HALF AND SEW TOGETHER THE OUTER EDGES TO FORM A CYLINDER.**

**DON'T FORGET YOUR BACKSTITCHES AT THE START AND FINISH SO THAT IT DOESN'T FALL APART.**

7

**FLIP THE MASK INSIDE OUT AND TRY IT ON!**



**INSERT A FILTER HERE. USE SURGICAL MASKS, FILTER REFILLS OR PAPER TOWELS**

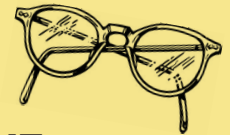
# **MASK WEARING TIPS:**

**DON'T TOUCH YOUR FACE ONCE YOU HAVE THE MASK ON!**

**REMEMBER TO WASH YOUR HANDS IF YOU TOUCH YOUR MASK.**

**DISINFECT THE MASK AFTER WEARING IT. YOU CAN WASH IT IN HOT WATER ABOVE 80 DEGREE FARENHEIT AND TOSSING IT IN THE DRYER. ANOTHER ALTERNATIVE IS TO PLACE IT INSIDE YOUR RICE COOKER (DON'T ADD ANY WATER) AND HEAT IT FOR 3-5 MIN.**

**IF YOUR GLASSES GET FOGGY WHEN WEARING A MASK, FOLD A PIECE OF TISSUE INTO A SMALL ROLL AND PLACE IT ON YOUR NOSE BRIDGE UNDER THE MASK TO ABSORB THE CONDENSATION.**



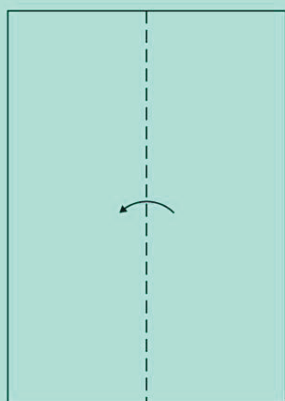
**MAKE SEVERAL OF THESE FOR YOURSELF, LOVED ONES AND ESSENTIAL WORKERS. MAKE ENOUGH TO ALTERNATE BETWEEN USES.**

**SEE NEXT PAGE FOR A TUTORIAL ON MAKING A DEVICE TO REDUCE EAR PAIN AFTER WEARING MASKS FOR A LONG DURATION.**

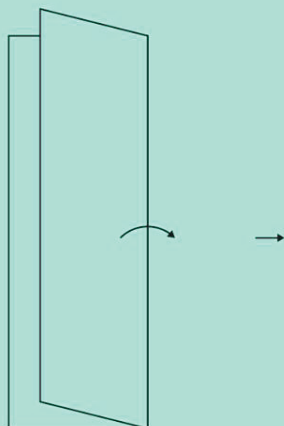


Paper Size: A5 / 148\*210mm

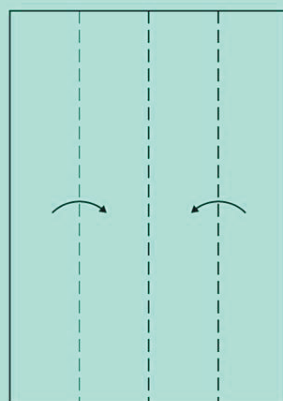
Step 1



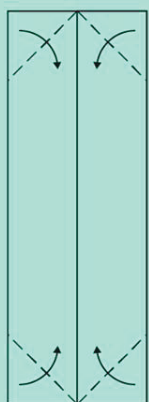
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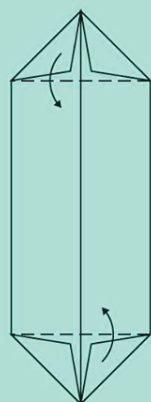
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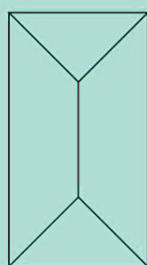
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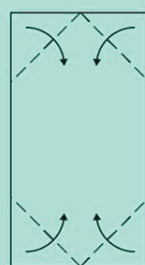
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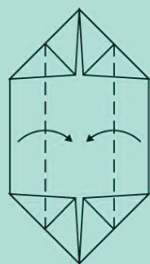
Step 6



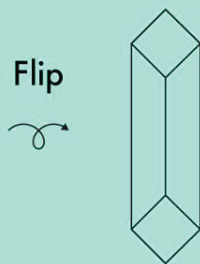
Step 7



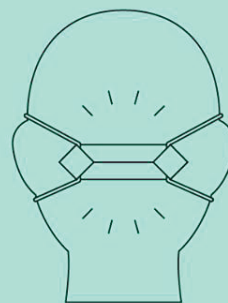
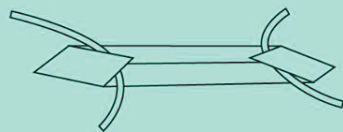
Step 8



Step 9



Done!



Mount  
Vally

**USAGE:  
TO EASE EAR  
PAIN FROM  
WEARING MASKS  
OR TO TIGHTEN  
MASKS TO IMPROVE  
FIT FOR THOSE  
WITH MORE  
NARROW FACES**

**CREDIT: ZEN YUN ZON**

**保護你的耳朵器**

**ORIGAMI  
MASK  
HOOK**

