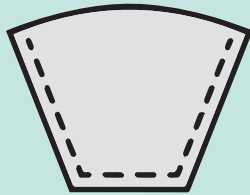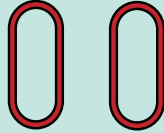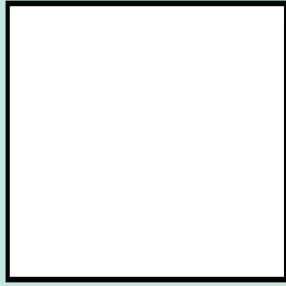# MASKS IN THE WILD

DIY NO SEW MASK GUIDE

Materials

- 20in x 20in piece of cotton fabric

  *The CDC recommends two layers of tightly woven 100% cotton fabric, such as quilter's material or bedsheets with a high thread count.

- 2 rubber bands or hair ties

  *Optional: Coffee filter or any filter for additional projection

Health and Safety Notes

- Always wash your hands before and after wearing a mask.

- Do not touch the outside of your mask while wearing it to avoid germ spread.

- Wearing a mask does not 100% guarantee you will not get sick. It improves your chances of avoiding germs if you practice other health and safety measures, like washing your hands reguarly.
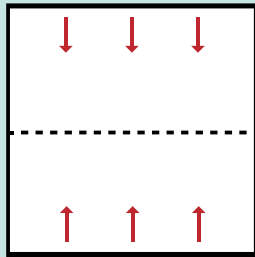
Mask Care Instructions

- Machine wash your mask regularly, or after each time you wear it.

- You can also disinfect your mask by ironing it or putting in in an oven for 20 minutes at about 160 degrees

- We recommend disinfecting your mask after each use.
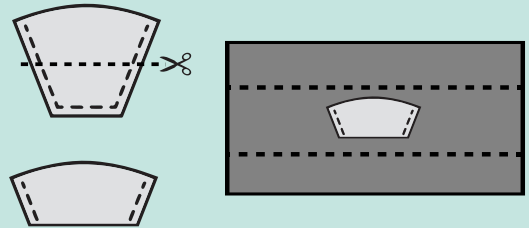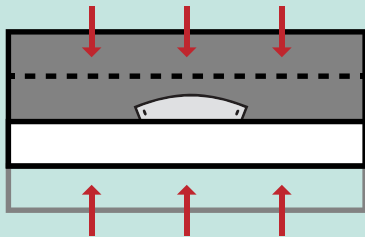
DIY NO SEWING MASK GUIDE

1.

Lay your fabric on a flat surface.
Fold in half at the center.

2.

Cut coffee filter in half and place it in
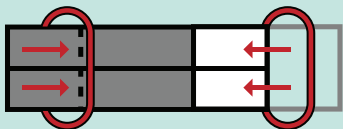the middle of your folded fabric.

3.

Fold the top half down to the
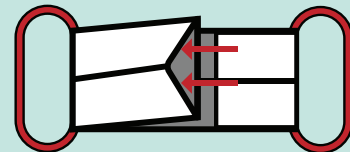middle and the bottom half up to
the middle.

4.

Loop the rubber bands over
each end, about 4" in towards
the middle from each side.

5.

Fold the left and right ends in
towards the middle, creasing
at the rubber band on each side.

6.

Tuck one end inside the other
end to secure them in the middle.

7.

Loop the rubber bands over
your ears to apply mask.
Decorate your mask & wear it with pride!

Fit Notes:

- Mask should fit snugly but comfortably against
  the side of the face and allow for breathing
  without restriction.

- Mask should come all the way up to the bridge
  of your nose, covering your nose completely,
  and down under your chin.

- There should be no gaps around the sides of
  your mask.