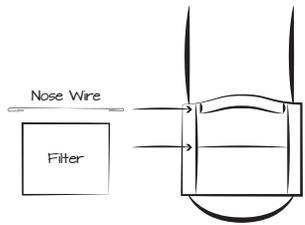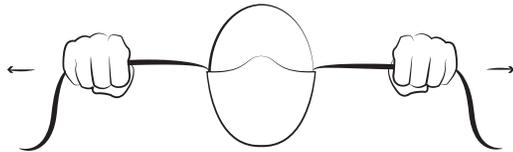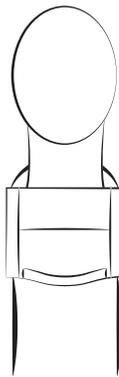# Instructions for Face Mask

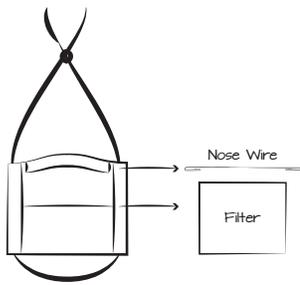This mask is not a replacement for medical protective equipment.

Nose Wire

Filter

l. Sanitize mask and nose wire with heat or washing.

2. Insert nose wire into nose pocket on back of mask.

3. If desired, insert filter into filter pocket (e.g. coffee filters, blue shop towels, or other filter

4. Put loop of mask around neck, near base of head.

5. Pull mask up over nose and mouth, and pull strings out to the sides until the sides of the mask are cinched tight (it may take some practice to get a perfect seal).

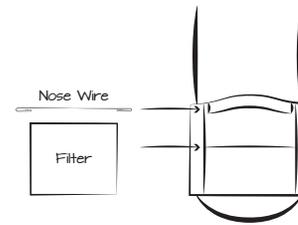6. Adjust the nose wire to comfortably fit face.

Nose Wire

Filter

8. Tie strings together.

9. Remove nose wire and filter.

10. Wash on gentle cycle inside a delicates bag or in a tied-off pillow case.

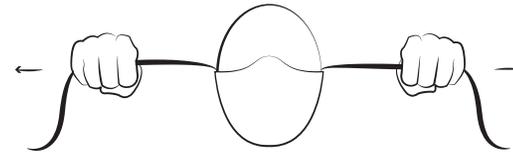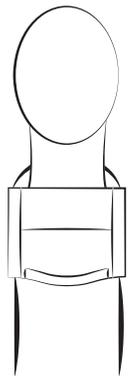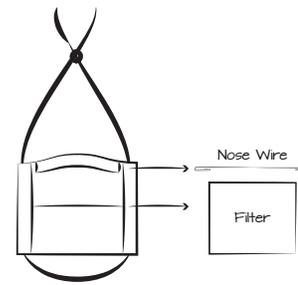For a video tutorial of how to wear and care for the mask, as well as how to make the mask, visit www.fluffmonger.com.