

I MAKE MASKS BECAUSE YOUR LIFE IS WORTH MY TIME

By wearing this mask when you go out in a public place you are helping to stop the spread of the Covid19 Virus and protecting yourself.

But this is not a medical-grade mask—don't be overly confident—you should still stay at least 6 feet (2 meters) from other people and stay at home as much as possible.

Instructions for mask care when you receive the mask and after each use: Each of these handmade cloth masks should be washed before wearing.

BEST: HAND-WASH IT WITH VERY WARM WATER: Lather your mask with regular soap or your regular laundry detergent, developing soapy bubbles, and agitate for at least 30 seconds with water as hot as your hands can take. Rinse and put in mesh laundry bag and dry in dryer or hang to dry.

OR you can also put used mask in mesh laundry bag and wash on hot in your washing machine.

DO NOT MICROWAVE!

Masks are delicate—treat your mask with care so it will last!

For masks with a filter pocket, lay the mask on a table with the pocket opening facing up, and at the top. Put a filter in pocket and spread it around – you can use a piece of flannel cloth, a paper towel, or a coffee filter, smoothed out.

For all masks, fit the mask to your face leaving no gaps. If your mask has a wire or pipe cleaner sewn into the top, fit that around the bridge of your nose to be snug. Slide elastic around ears or tie ribbons around ears or at the back of the head. The mask should be snug.

You should be able to breathe through the mask—if your filter is too thick and you are sucking in air around the sides of the mask, remove filter and use a thinner filter.

Put the mask on before you leave your car or enter an area with people. Remove it when you are home again, remove a disposable filter (paper towel or coffee filter), put mask immediately in large bowl or sink to wash, and then wash your hands. The mask should be washed with soap and hot water after each use.

If you feel awkward or silly wearing a mask, remember, you are safer, your family is safer, and you are helping other people learn to accept wearing a mask, too. Thank you and be well! ~

Unitarian Universalist Sewing Circle ~ uucs.org