

HOMEMADE FACE MASK MADE FROM COMMON OFFICE AND BATH SUPPLIES

(AS A LAST RESORT WHEN NO MEDICAL MASKS AVAILABLE – THIS HOMEMADE MASK IS NOT AS EFFECTIVE AS A COMMERCIAL MEDICAL MASK)

If all the medical masks are sold out, and you believe that a face mask will help to potentially screen out virus, then you can construct a homemade mask out of commonly available parts. Or saying it differently, if you believe that any form of a mask is better than no mask at all, then this option is open to you. It is a last resort. As a disclaimer, we are not doctors or scientists. You must be the judge of how effective the homemade mask is, if at all.

Please watch our video at RollingRiverAntiques.com to view the construction process.

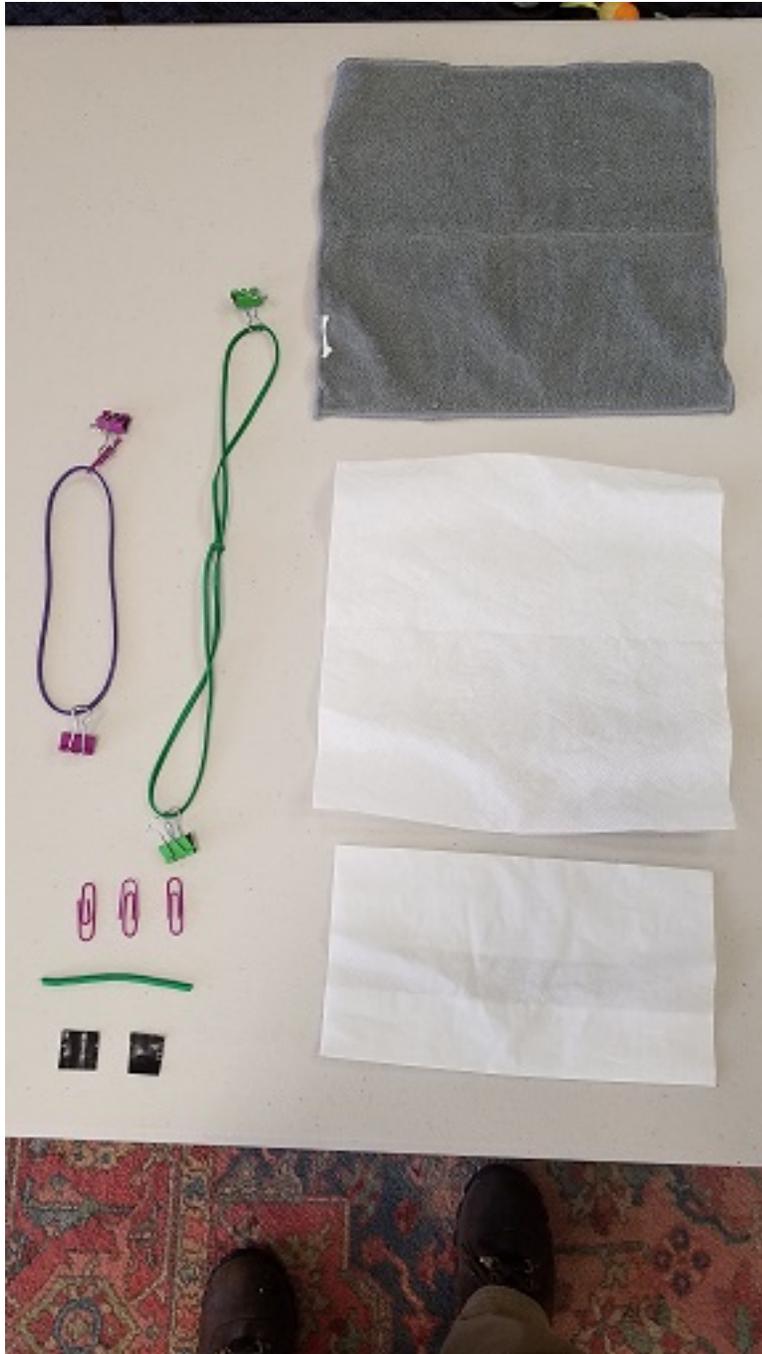


PARTS YOU WILL NEED:

1. washcloth, about 11 inches by 11 inches.
1. paper towel sheet, folded over and trimmed to the size of the bottom half of the washcloth.
1. Kleenex.
2. or more paper clips, small.
- 4 binder clips, small.
- 4 large rubber bands, or more.
- 1 flex tie, like those found with plastic bags, or with garden supplies
- 1 small bit of duct tape or gorilla tape, or least effective, scotch tape, to hold the flex tie.

CONSTRUCT YOUR HOMEMADE MASK

1. Pick a clean washcloth that doesn't show much light through the fabric as compared with other washcloths you find, when you hold it up to a light. You can pick a suitable hand towel, and cut it to 11 x 11 inches or so.



2. Lay the washcloth down on a clean, disinfected counter top. Place the folded-over paper towel sheet over the bottom half of the washcloth. Place the kleenex on top of the paper towel sheets. You now have a three-layer paper filter, completely covering the bottom half of the washcloth. Paper

towel - paper towel - kleenex. The kleenex will be closest to your mouth when done with the construction.

3. Place the flex tie, about four inches long, just above the paper towel inserts, (in the middle of the washcloth, laid horizontally there). This will be your nose clip to help reduce the air gap at the top of your mask. Hold it in place with a bit of tape, just a 1/2 inch piece at each end.

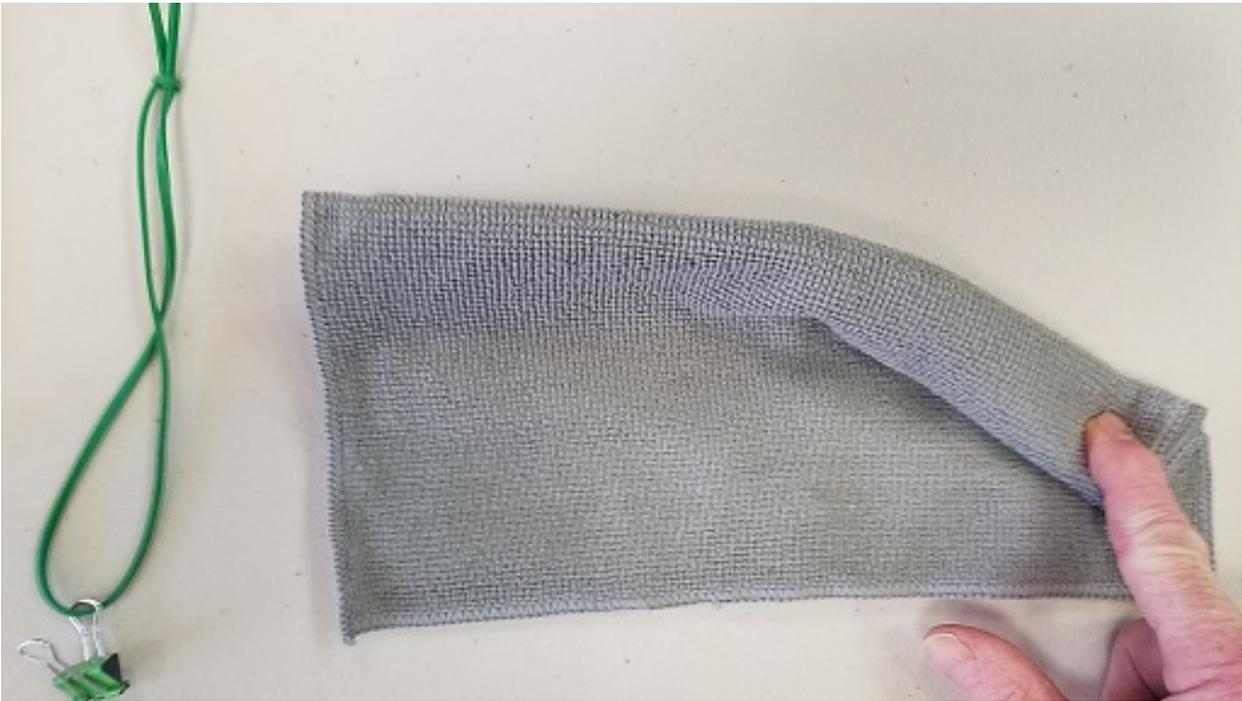
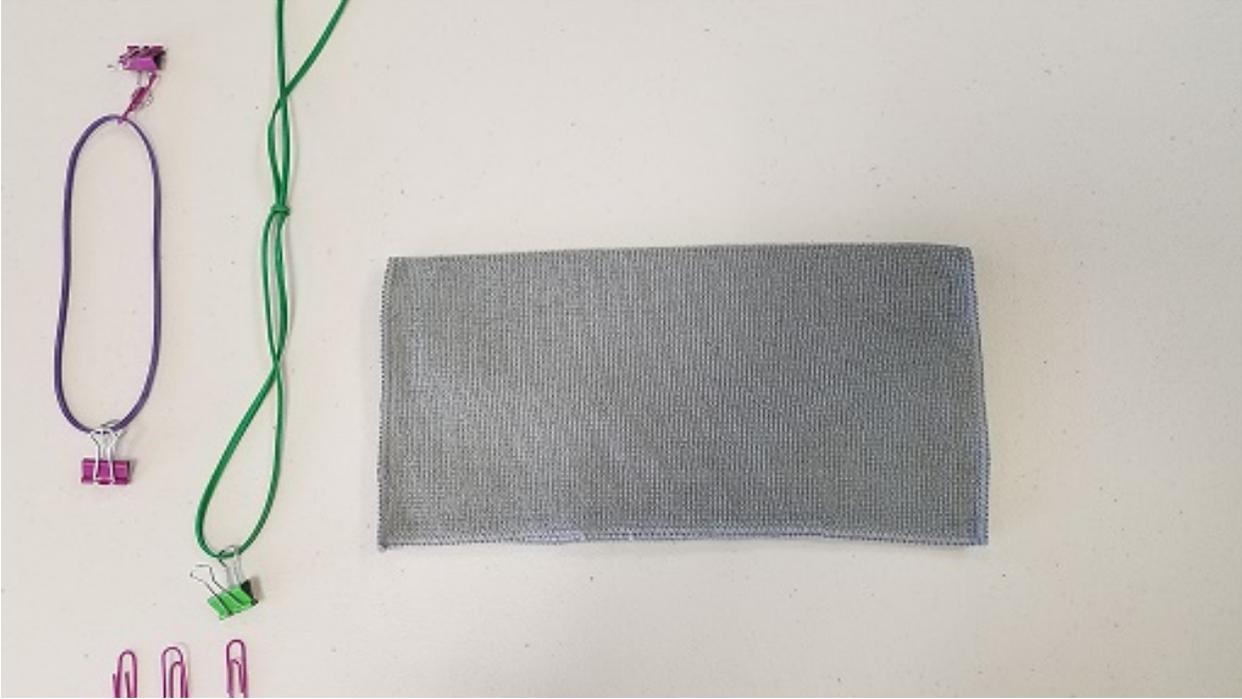


4. Have your binder clips ready. Fold the top of the washcloth down to completely cover the bottom half. So now you can't see the paper filter, and the nose guard is in place at the top. Here is the

only tricky part. Slide the top left corner of the washcloth down the left side of the washcloth, but you want the fold that results from doing that **TO BE INSIDE**. Stop when the fold is about an inch above the bottom of the washcloth. This forms the "cup" shape to fit your face curves. Use a binder clip to hold the fold, you will have to push the binder clip firmly to engage the folded parts. Now do the same thing on the right side. You now have the basic "cup" form of the mask. Put a binder clip at the bottom left, and top left of the resultant mask, and do the same thing on the right. These are the attachment points for your elastic strap. The lower strap will go around your neck, the upper strap will go over your ears and around your head. Attach the elastic to the finger grip of the binder clip closest to your face. Flip the finger grip on the binder clip on the side away from your face forward to keep it out of your way.









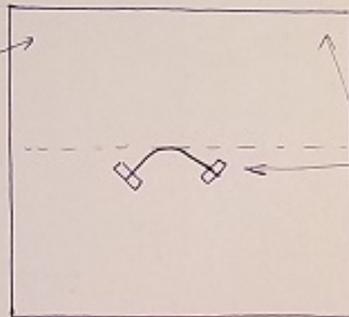


5. With your rubber bands, you will have to experiment to find the right fit for your mask. What is neat about the binder clips is that the finger grips can be pinched and removed from the metal pincher, making the installation of the elastic a snap, so to speak, since you can just slide end of the elastic into the finger grip. Use the rubber bands for almost all the length of your straps, and use a paper clip or two between the binder clip and rubber bands for the final tweak of tension that works best for you. Hold the binder clip pinchers when you try on the mask for fit, or you could rip the entire clip out.



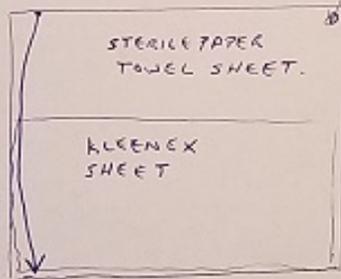
GO TO ROLLINGRIVERANTIQUES.COM FOR PICTURES,
PARTS LIST, AND PRINTED INSTRUCTIONS!

11" x 11"
WASHCLOTH
(SHOWS LITTLE
LIGHT THROUGH
IT)



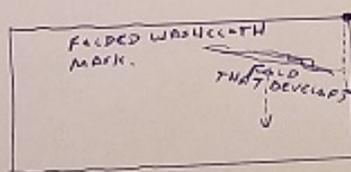
REINFORCE WITH
2 PIECES OF
HEAVY DUTY TAPE

PLACE
PAPER TOWEL
ON WASHCLOTH
AND COVER IT
COMPLETELY.
PUT KLEENEX
ON BOTTOM
HALF OF PAPER
TOWEL SHEET.



FOLD IN HALF
THIS WAY

FOLD WASHCLOTH
IN HALF

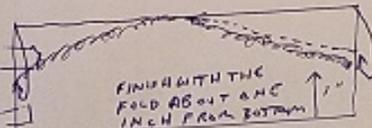


← HOLD HERE AN EDGE
AND SLIDE DOWN. A FOLD
WILL DEVELOP.
GRAB THE FOLD AND
PULL IT DOWN, FORMING
THE CUP SHAPE FOR
THE MASK.

THE FOLD WILL
DESCEND BECAUSE
THE EDGE YOU
ARE HOLDING!

HEAD
STRAP
&
BANDS

INDEX
CLIP



INDEX
CLIP

INDEX
CLIP

INDEX
CLIP

PAPER CLIPS TO HOLD FILTER IN PLACE

6. Put on your mask by the neck strap first. Hold both neck strap binder clip pinchers (not the finger grips) as you pull the neck strap over your head, or you may rip out the binder clips. To finish your mask, see if you are inhaling the maximum amount of your air through the paper filter, and not from air leaks where the mask may not touch your face. Pinch the flex tie buried at the nose of your mask until you reduce the air flow around your nose as much as possible. Use 2 or 3 extra paper clips at the bottom to clip the washcloth edges together, to prevent the paper filter from falling out. Since this mask is just extremely inexpensive parts, feel free to experiment for the best fit.

7. While you use this mask, your breath will eventually dampen the filter, so you need to change the homemade filter every day. IF YOUR MASK WORKED, AND YOU WERE EXPOSED TO VIRUS, THE MASK WILL HAVE COLLECTED THE VIRUS ON IT. THE POINT IS THAT THE MASK IS NOW CONTAMINATED IF VIRUS REACHED IT. We suggest, unless you hear or view a better idea, that you wash your hands for at least one minute in hot water and strong soap, then and with eyes closed, breath held, and mouth closed, and with head down, you remove the mask with only one hand (or medical-gloved hand), and drop it gently into a bowl of effective disinfectant, and let it sit for an hour. Then wash it in hot running water, dispose of the wet paper filter without touching it, and let the washcloth dry overnight, or start fresh the next day with another clean washcloth. Wash your hands when done.

HELP YOUR HOMEMADE MASK BE MORE EFFECTIVE:

A MASK ALONE IS OF QUESTIONABLE HELP. THE MORE COMPLETE WAY TO AVOID INFECTION IS TO WASH YOUR HANDS THOROUGHLY, FOR AT LEAST ONE MINUTE, WITH STRONG SOAP, AS OFTEN AS POSSIBLE. AND CERTAINLY BEFORE AND AFTER HANDLING ANY MASK YOU CONSTRUCT.

DO NOT TOUCH YOUR FACE, ESPECIALLY YOUR EYES AND NOSE AND MOUTH. IF YOU HAVE VIRUS ON YOUR FINGERS, IT NOW HAS A PATHWAY INTO YOUR BODY WHEN YOU TOUCH YOUR FACE.

THE WASHCLOTH BY ITSELF WITH NO FILTER HAS LITTLE VALUE TO STOP VIRUS.

PRACTICE SOCIAL DISTANCING, GETTING NO CLOSER THAN THREE FEET TO ANOTHER PERSON.

ANY MASK IS NO SUBSTITUTE FOR EFFECTIVE HAND WASHING AS OFTEN AS POSSIBLE, AND SOCIAL DISTANCING, WHICH IS STAYING OUT OF RANGE OF PEOPLE'S GERMS. DON'T TOUCH YOUR FACE!