

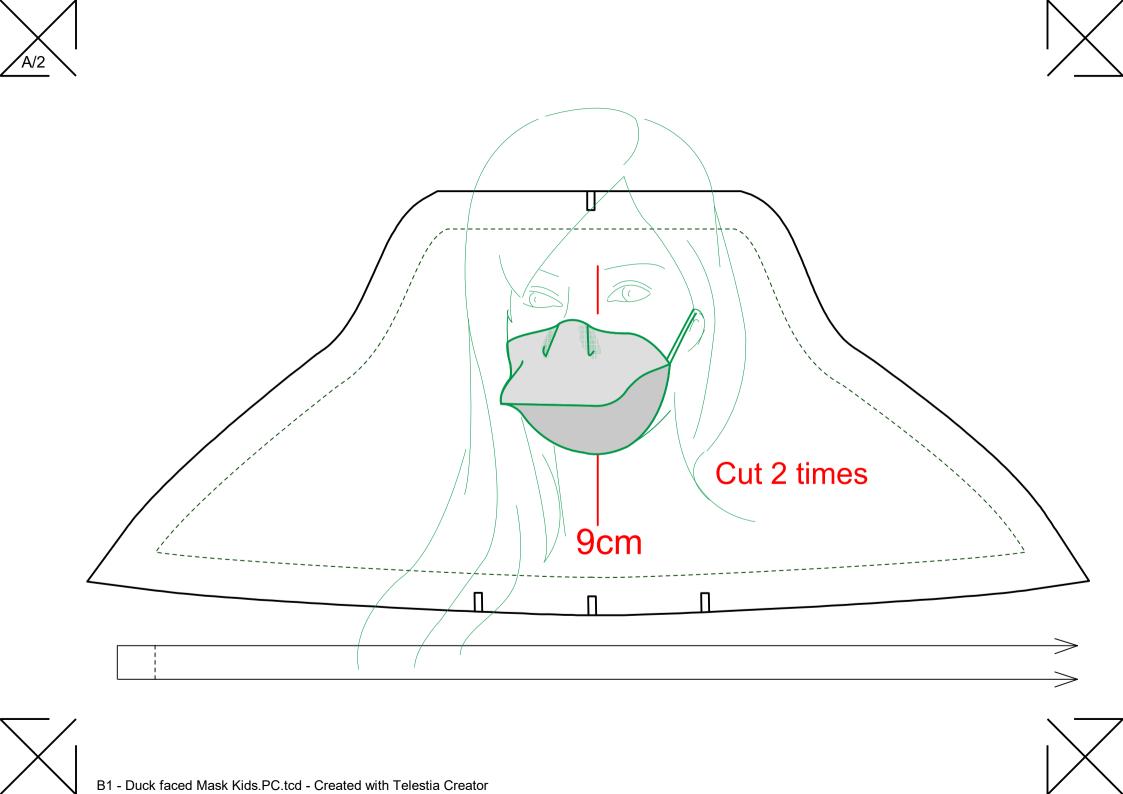


ATTENTION

This type of face mask is not comparable to a medical mask! It provides NO active protection against viruses and must therefore be used very carefully. However it does help avoid touching mouth and nose unconsciously, therefore reducing the spread of viruses and bacteria to and from the face.









INSTRUCTIONS

- 1. Cut the pattern pieces twice. Use woven cotton fabric, washable over 60 degrees.
- 2. Stitch the 2 pleats on the upper part pieces to fit the mask over the nose.
- 3. Stitch only the upper seam of the upper pieces together, right sides facing, turn over.
- 4. Stitch only the lower seam of the lower pieces together, right sides facing, turn over.
- 5. Sew the upper and lower parts together along the "beak" seam of the duck mask right sides facing.
- 6. Trim the seam allowance and iron it.
- 7. Turn the mask over and iron it.
- 8. Topstitch the "beak" end of the mask with the mouthpiece closed.
- 9. Topstich the "cheek" sides left and right with the seams flat open for a better fit.
- 10. Fit the mask and measure the appropriate length of the strings over the ears or around the head.
- 11. Stitch the strings in place on the inside of the mask. You can use bias tape, ribbon, elastic band, etc.

