

STEPS TO MAKE A MASK WITH HOLE PUNCH

Protect our health care professionals fighting COVID-19

1 CLEAN YOUR WORK AREA

Wash your hands for at least 20 seconds using soap and warm water. Using soap and water, followed by a disinfectant, thoroughly clean your work space. Also clean your hole puncher. Ensure you don't allow any contaminants into the area and to clean again if you touch your face, phone or any other objects.



2 PREP EQUIPMENT

Set out your roll of Melt-blown Polypropylene, rubber bands and hole punch.



3 TEAR ROLL AT PERFERATION

Rip off single sheet of the Melt-blown Polypropylene. This is already folded in half and treated to prevent permeation of the virus. If the fold is off by more than 1/8th of an inch you're going to want to refold it to be precise.



4 FOLD ACCORDION STYLE

Fold back and forth, accordion style, three times, creating four panels that are about one and a half inch each. Ensure you make strong creases.



5 PUNCH A HOLE

Put your hole puncher about 3/4 of an inch from the end and insert it on the end that has two folds. In the middle of the fabric punch a hole firmly.



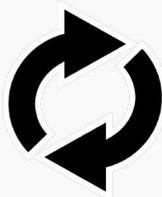
6 LOOP THE RUBBER BAND THROUGH THE HOLE

Insert a latex-free rubber band through the hole to create two circles on each side of the fabric - next, thread one end through the middle of the other loop and pull to tighten. Ensure your loop is facing the end of the fabric that has loose edges.



7 REPEAT ON THE OTHER SIDE

Repeat steps 5 and 6 again to complete the otherside of the mask.



8 STORE IN BOX

Put on the first mask and keep on while making the remainder. Resanitize your workspace. Place all the completed masks back in the box for storage. Once completed and filled close box and mark with the date and time of completion. Keep the mask you've been wearing or discard it.



Go to www.rebelconverting.com for design updates, video tutorials and more information.

SIGNS OF COVID-19

- 1 **COUGH**
- 2 **FEVER**
- 3 **SHORTNESS OF BREATH**

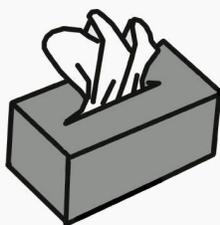


*if you are experiencing any of these symptoms or feeling unwell please do not continue making masks and seek medical attention.

STOPPING THE SPREAD

1 **AVOID THE SICK**

If you know someone is sick, keep your distance.



2 **COVER YOUR COUGH**

If you cough or sneeze make sure to either bury your face in your elbow crease or use a facial tissue, throw it out immediately and wash your hands.

3 **WASH YOUR HANDS**

Wash your hands often with soap and water. Lather for 20 seconds or the length of time it takes to sing happy birthday to yourself.



5 **SOCIAL DISTANCING**

When necessary to go in public, remain a minimum of 6 feet away from all individuals.



4 **DON'T TOUCH YOUR FACE**

Avoid touching your eyes, nose and mouth as much as possible.



6 **STAY HOME**

Self-quarantine is an important step in preventing the spread. Please only leave for necessities.

