

# STEPS TO MAKE A MASK WITH SCISSORS

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 scissors.

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 scissors.



## 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.



## 5 FOLD IN HALF

Fold the entire sheet once more, hot dog style from an inch and a half to 3/4 inch.



## 6 FOLD EDGE IN

On each end of the fabric, fold inward about a 3/4 inch.



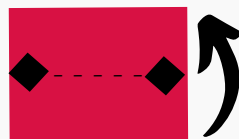
## 7 CUT THE CORNER

Using your cleaned scissors, cut a small, about 1/8 inch triangle from inside end of both of the folded corners.



## 8 REOPEN LAST TWO FOLDS

Unfold the edge where you cut. When you unfold the fabric again, from 3/4 inch to 1 and a half inch horizontal, you will see that we have two holes on each end.



## 9 LOOP RUBBER BANDS THROUGH THE HOLES

Insert a latex-free rubber band through one hole to create two circles on each side of the fabric - next, thread one end through the middle of the loop and pull to tighten. Repeat on the other side.



## 10 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.



Go to [www.rebelconverting.com](http://www.rebelconverting.com) for design updates, video tutorials and more information.

# SIGNS OF COVID-19

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

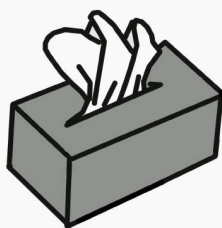


\*if you are experiencing any of these symptoms or feeling unwell please do not continue making masks and seek medical attention.

## 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.

