**STEPS TO MAKE A MASK WITH A STAPLER**

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 Stapler. 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 stapler.

3. **TEAR ROLL AT PERFORATION**
   - 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 INWARD**
   - Fold the end of the fabric in towards the middle of the fabric. Leaving a one inch gap at the far end of the fabric.

5. **FOLD OUTWARD**
   - Using the folded top flap, double back the fabric about one inch from your original crease towards the edge.

6. **REPEAT ON THE OTHER SIDE**
   - Repeat steps 4 and 5 on the other side. Again fold the loose end inward leaving a one inch gap on the end. Then double back so that the new crease is flush with the other crease. This will create three panels.

7. **LOOP RUBBER BAND**
   - Place the rubber band on the end of the fabric about a half inch from the edge.

8. **FOLD OVER FABRIC**
   - Fold the end of the fabric over the rubber band.

9. **STAPLE**
   - Staple the loose end twice so that the flat end of the staples are on the inside of the mask. Staple as close to the rubber band as possible.

10. **REPEAT ON THE OTHER SIDE**
    - Repeat steps 6, 7 and 8 again to complete the other side of the mask. Ensure you make all the staples face the same direction.

11. **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 rebelconverting.com for design updates, video tutorials and more
**SIGN 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.

4. **DON'T TOUCH YOUR FACE**
   - Avoid touching your eyes, nose and mouth as much as possible.

5. **SOCIAL DISTANCING**
   - When necessary to go in public, remain a minimum of 6 feet away from all individuals.

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

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