

These masks are made from quilting cotton or flannel, finely woven fabrics which preliminary studies show are the most effective for reducing particle emission. These are made to help reduce asymptomatic transmission if you have to be within 6 feet of others and are not a replacement for social distancing, hand washing, or clean N95 masks.

How to use:

1. Wash your hands before and after touching the mask.
2. Place the loops over your ears. You can hold the knot and pull on the ends to tighten the loops. Move your jaw around to make sure it's snug.
3. Press down on the nose to form the wire around the bridge of your nose.
4. Wash every day if possible. Regular laundry is fine, though they may shrink a bit. After washing, you can flip the mask inside out if you'd like to wear the second fabric.

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**KEEP  
CALM  
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ON**



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