



# How to put your reusable face mask on for proper fit.

*\*Feel free to print this page and include with your homemade masks. You can also visit **[homemadeonourhomestead.com](http://homemadeonourhomestead.com)** for the Q&A video demonstration\**

## Mask On:

1. Hold your mask up so the "loop" of the mask ties are up and the loose ends of the ties are hanging down towards the ground.
2. Be sure the filter pocket is facing AWAY from you.
3. Slip the "loop" over your head.
4. Holding onto the two loose ends of the mask ties, snug up the cotton portion of your mask to your neck.
5. To ensure the best fit, push the loop of the mask that is around your neck up to the base of your hairline.
6. With one loose tie in each of your hands, pull the ties up towards the sky. Once the mask is up in front of your face, gently pull each tie out to the side of your head- one to the right side and one to the left. You should begin to feel the mask start to cinch down on each side.
7. Once the mask is in a position over your face where you can see, pull the ties to the back of your head to a comfortable position and tie into a bow.
8. After your mask is tied into place, you can adjust the fit as needed.
9. Run your fingers over the mask portion that is covering the bridge of your nose and gently press down on the wire that is in your mask so it lays closely to your nose. If your mask doesn't contain a nose wire, you can skip this part.
10. Your mask should now be comfortably fitted to your face.

*\*Be sure to tie the loose ends of your mask together when washing, and place in a pillow case or lingerie bag to keep the ties from pulling out of your mask\**