Step 1

B
Ear

A
Centre of
mask

B
Ear

B
Ear

A
Centre
of face

B
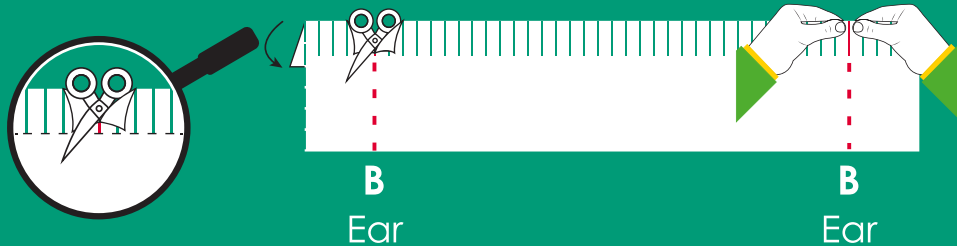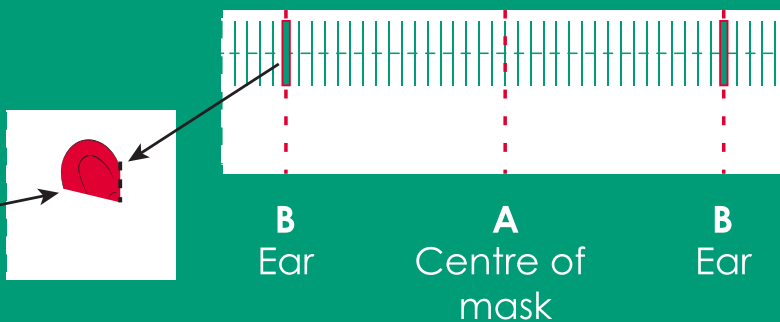Ear

Place the centre of the sheet on the centre of your nose and measure to the highest point of each of your ears.

Step 2

B
Ear

B
Ear

Fold on the printed dotted line and cut or tear down on the solid lines as measured in step 1.

Step 3

B
Ear

A
Centre of
mask

B
Ear

Slip the tip of your ears through the slits and adjust the mask to cover your nose and mouth.