

Here are some supplies for personal safety.  
Please sanitize these PPE before using them.

## MADE WITH LOVE BY



The Sewing Army

For more information, visit [thesewingarmy.com](http://thesewingarmy.com)

## Face Mask Maintenance

Avoid touching this mask  
and wash hands after  
any contact with this mask



This mask must be  
washed with soap and  
hot water every day



Tight fits  
are best



Keep this mask  
dry (Change  
if damp)



Wash your hands before  
and after handling this  
mask or any inserts



THIS MASK DOES NOT REPLACE A SURGICAL/N95 MASK

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