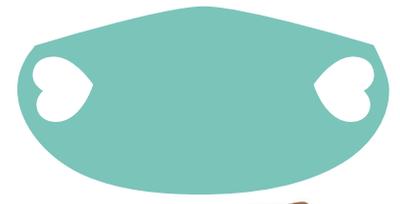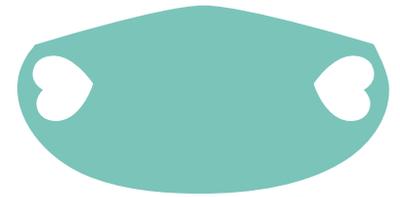# HOW TO WEAR THIS FACE MASK

1. Hold the mask up to your face like this, with the bump pointing up:

2. Twist an ear loop once and slip the twisted loop over one ear.

3. Twist the other loop once and slip the twisted loop over the other ear.

4. Adjust as necessary so the entire lower half of your face is covered. If the face mask feels too tight, remove it, stretch it lengthwise, and replace it on your face. If it continues to feel too tight, go up a size. If the face mask feels too loose, go down a size.

Learn how to make this no-sew face mask yourself at jennifermaker.com/facemask

TWIST IT!

JENNIFER**MAKER**