

## **No Sew Protect Me Protect You (ProMPY) Mask**

- 1. Fold T-shirt in half**
  - 2. Cut with flat edge to fold**
  - 3. Make 2"(5cm) slit in ear flap to form loop**
  - 4. Stretch to find fit, hold or mark where ear meets face**
  - 5. Cut 2"(5cm) slit in other flap**
  - 6. Stitch  $\frac{1}{2}$  cm tuck on either side of folded nose bridge**
  - 7. Cut Swiffer or coffee filter to place between flaps**
  - 8. Throw filter away and wash mask daily**
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