

# Starlings Olson Face Mask

## Putting on the mask:

**BEFORE USE:** wash the mask at 60°C or more.

DO NOT PUT THE FILTERS IN THE WASH.

WASH HANDS BEFORE USE.

**1:** Our mask has 25cm elastic loops that are provided tied to make two ear loops (**A**).

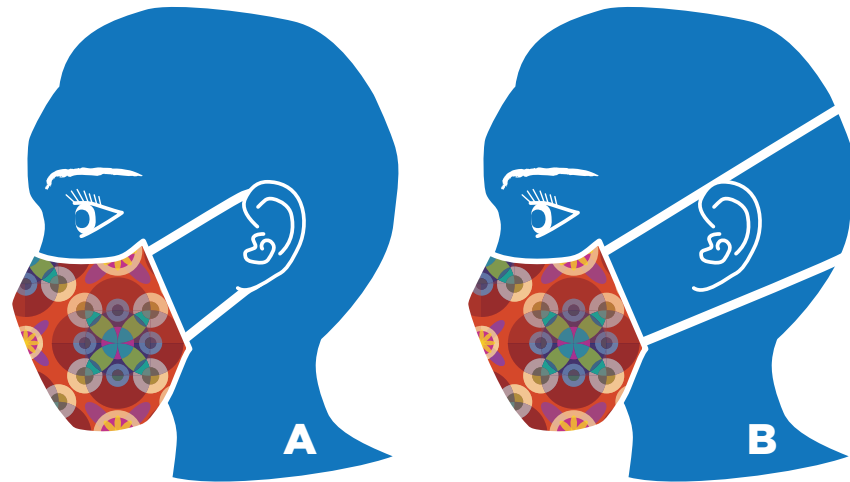
You can choose to untie these and turn them into loops to go around the back of the head by tying the bottom ends of the elastic together and the top ends of the elastic together (**B**). This style is recommended for people

using the masks over long period of time and creates the best seal around your face.

**2:** Insert the filter into the pocket on the reverse side of the mask. Make sure that the filter sits over the nose and mouth.

**3:** Once the mask is on, locate the nose bridge wire at the top of the mask and press it with your fingers using both hands to make a tight seal so that it fits snugly around the contours of your nose and cheeks.

**4:** Adjust ties or elastic for a good seal and comfort.



**DISCLAIMER:** The use of our 100% cotton face mask is specifically designed to help limit the wearer from spreading airborne virus particles - it does not guarantee you from contracting viruses. All wearers do so with the understanding they do so at their own risk. Although wearing cloth masks will give you added protection by filtering out harmful particles from the air, please do not be lulled into a false sense of security and always follow governmental guidelines about washing your hands and observing social distances. Always wash your hands before and after putting on and taking off the mask.

## Removing the face mask

WASH YOUR HANDS before taking off the mask.

**1:** Hold the mask and carefully untie the ties from ears or back of head or ears or pull over the ties over your head. Be careful not to get the outside of the mask to touch any part of your eyes, mouth or nose.

**2:** Take out the filter. Comparative studies of other Corona virus show it does not survive for more than 12 hours on porous dry fabric/filter. The latest study (15/04/2020) on the Corona Covid-19 virus on surfaces showed that it can survive on cardboard/paper for up to 24 hours. So we suggest leaving the filters in a brown paper bag for 24 hours in a dry safe place is a good way to sterilize it. If you are ever in doubt then we would advise you to dispose of the filter and use a new one.

**3:** The filter is recommended to be use for up to 72 hrs but studies have shown that they can last up to 10 days. Over any longer period of time it will be clogged with dirt and other dust particles and you may find it harder to breathe.

Warning: we do not recommend you clean the filter or put it through a cool wash as it will deteriorate the filter media and make it harder for you to breath.

Check regularly the condition of the filter before use. There should be no tears or visible damage to the main section of the filter.

**4:** Wash the cotton mask in a high temperature wash - 60°C or more.

**AFTER HANDLING THE MASK YOU MUST WASH YOUR HANDS!!!!**

## Replacing filters/washing the mask

The outer cotton mask are made of 100% cotton and can be washed at a high temperature. We recommend you wash before use. For personal hygiene we recommend you wash your hands before and after you use these masks.

The mask can be used without a filter and can be effective at removing up to 60% of harmful particles from the air.

We recommend that you take out the filter, by sliding it out from the pocket, leave it in a dry place (sealed paper bag) overnight or replace it with a new one as clinically required.

## This mask was made by: Starlings Art & Craft Collective

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**[www.starlingsgifts.co.uk](http://www.starlingsgifts.co.uk)**