

# MAKING A FILTER FOR YOUR MASK

1. Cut out the template filter along the dotted line.
2. Trace shape on a filter material, see below for suggestions.
3. Cut filter material.
4. Insert into H&B mask.

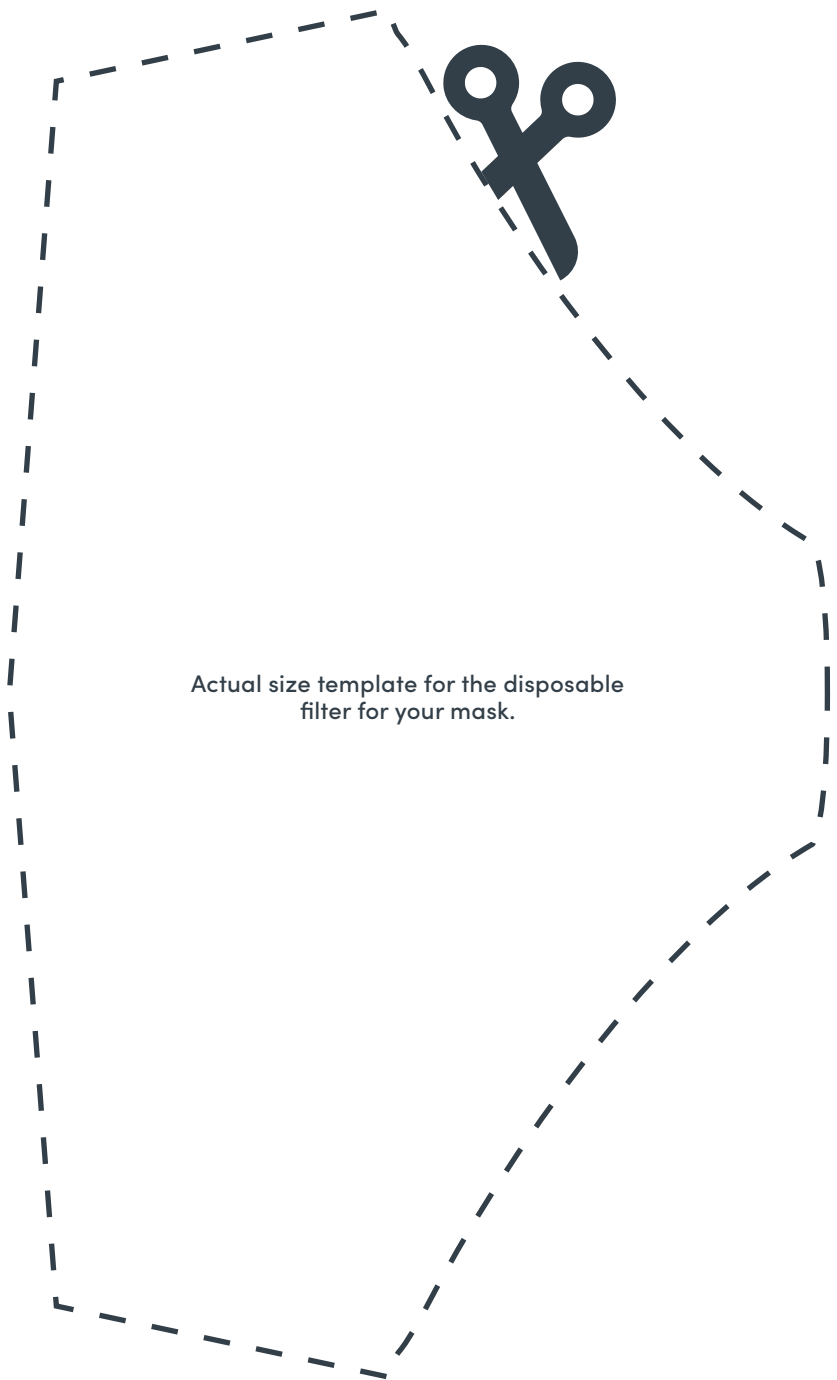
## WHAT CAN I USE FOR A FILTER?

The best option is to use any kind HEPA filter. A 2013 study published in *Disaster Medicine and Public Health Preparedness* showed vacuum bags are nearly as effective as surgical masks at screening out bacterial and viral aerosols. A few of our suggested options are: **Vacuum cleaner bags, air conditioner filters, air purifier filters.** Even **tea towels, coffee filters** and other similar papers can work in a pinch. The key is you can't just do cloth alone.

Look for these materials at hardware stores near you or online for delivery.

## HOW OFTEN CAN I USE THE FILTER?

Just once. Remember to remove and dispose of the filter between uses. After disposal of the filter, place the mask in a washing machine on a high temperature setting.



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