

Following CDC & Deaconess Hospital Patterns

**Face Mask – Reusable
Adult Size – Regular**
8 ¼” wide x 7” tall (fully opened)

Two Layers of 100% Cotton
Back is Oeko-Tex certified, 550
thread-count, tightly woven fabric.

Cotton/Spandex Ear Loops (homemade)
with Bead Adjuster (see over)
Remember, **fit determines efficacy.**

Filter Pocket for your filter

Nose Wire Channel
Slip a pipe cleaner, wire, or twisty in
channel for a tighter fit across nose.

Wash by Hand
Keep it Clean. Wash it often.
Remove any filter or nose wire.
Hand wash - maybe sing Happy
Birthday to it twice? – then hand press
flat and air dry. OK to iron, don’t
scorch ear loops. Machine laundering
is not recommended. It’s too rough &
diminishes the mask’s longevity.

**Please always follow *all* the latest
CDC guidelines.**

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**“My mask protects you,
your mask protects me.”**
- Czech saying
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Dear Neighbors and Friends,

Thank you for choosing this mask.
It is a sacred and magical object made with care and attention. It is quite possible that you may change the arc of history by using it.

Fit Determines Efficacy

As I understand it, to be most effective, you want your breath to flow *through* the fabric, *not around* it (by your nose, or cheeks, or chin). Experiment to get a good fit.

Bead Adjuster

Move bead around to find most comfortable location for you. Remove bead if necessary.
To replace bead, put ~12” heavy thread/dental floss through ear loop. Hold ends together and string bead on thread. Pull hard on thread to stretch ear loop while you pull bead on to ear loop.

These masks were visioned, researched, designed, sourced, and made here in the Piedmont Avenue neighborhood of Oakland. As such, it is one small act of ***self-determination*** for our neighborhood. I hope for a time again when we – Americans, Californians, Oaklanders, Piedmont Avenuers – make all the things we need in our lives.

I’m open to suggestions for fabric patterns, colors, or themes. Send them to Allysyn@PiedmontMasks.com.

Thanks and be safe! *We can do this!*

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