

# DIY Homemade Medical Face Mask And Hand Sanitizer: Protect Yourself and Others

The COVID-19 pandemic has made it clear that we need to take extra precautions to protect ourselves and others from viruses and bacteria. Wearing a face mask and using hand sanitizer are two of the most important things you can do to prevent the spread of germs.



**DIY HOMEMADE MEDICAL FACE MASK AND HAND SANITIZER: The Complete Guide on How to Make Your Own Homemade, Washable and Reusable Medical Face Mask and Hand Sanitizers to protect yourself and your Family** by Joyce HU

★★★★★ 5 out of 5

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Text-to-Speech	: Enabled
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Enhanced typesetting	: Enabled
Word Wise	: Enabled
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Dimensions	: 7 x 0.75 x 10 inches



If you're looking for a way to save money and avoid the shortage of commercial face masks and hand sanitizers, you can make your own at home. It's easy to do and only requires a few simple ingredients.

## **DIY Medical Face Mask**

### **Materials:**

\* 2 pieces of 100% cotton fabric, each measuring 9" x 6" \* 2 pieces of elastic, each measuring 12" \* Needle and thread \* Scissors \* Iron and ironing board

### **Instructions:**

1. Fold one piece of fabric in half lengthwise and press with an iron. 2. Unfold the fabric and fold each side in towards the center crease. Press with an iron. 3. Fold the fabric in half again lengthwise and press with an iron. 4. Sew the two long edges of the fabric together, leaving a 1/4" seam allowance. 5. Turn the fabric right side out and press with an iron. 6. Fold the top and bottom edges of the fabric down by 1/4" and press with an iron. 7. Fold the sides of the fabric in towards the center by 1/4" and press with an iron. 8. Sew the elastic to the top and bottom edges of the mask, about 1" from the edges. 9. Make a small knot in the end of each piece of elastic to prevent it from fraying.

### **Safety Precautions:**

\* Wash your hands before and after making the mask. \* Use clean fabric and materials. \* Make sure the mask fits snugly over your nose and mouth. \* Wash the mask after each use.

## **DIY Hand Sanitizer**

### **Materials:**

\* 2/3 cup rubbing alcohol (91% or higher) \* 1/3 cup aloe vera gel \* 10 drops essential oil (optional) \* Funnel \* 2-ounce bottle with a pump

## **Instructions:**

1. Combine the rubbing alcohol and aloe vera gel in a bowl. 2. Add the essential oil, if desired. 3. Stir until well combined. 4. Use a funnel to pour the mixture into the bottle. 5. Pump the sanitizer into your hands and rub until dry.

## **Safety Precautions:**

\* Keep the hand sanitizer out of reach of children. \* Do not use the hand sanitizer if your skin is broken or irritated. \* Avoid contact with eyes.

## **Benefits of DIY Homemade Medical Face Mask And Hand Sanitizer**

There are many benefits to making your own homemade medical face mask and hand sanitizer.

\* **It's cost-effective.** Making your own face masks and hand sanitizers is much cheaper than buying them from the store. \* **It's easy to do.** The instructions for making both the face mask and hand sanitizer are simple and easy to follow. \* **It's customizable.** You can customize your face mask and hand sanitizer to fit your own needs and preferences. For example, you can choose the type of fabric you use for the face mask, and you can add essential oils to the hand sanitizer. \* **It's eco-friendly.** Making your own face masks and hand sanitizers is a great way to reduce your environmental impact.

Making your own homemade medical face mask and hand sanitizer is a simple and effective way to protect yourself and others from viruses and bacteria. It's also a cost-effective, easy-to-do, customizable, and eco-friendly option.

So what are you waiting for? Get started today!



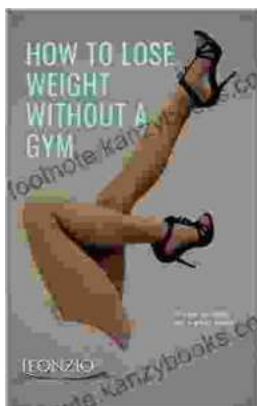
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