







Directions:

- 1. Choose the page you want to print out on a color printer.**
- 2. Choose “File > Print” from the top menu in your Adobe Acrobat Reader.**
- 3. In the print dialog box, look for the “Page Scaling” control.**
- 4. Select “Fit to Printable Area” -- This will ensure the mask is printed on the paper size you are printing on.**
- 5. Once printed, carefully use scissors to cut out eye holes and (optional) nose holes -- so you can see and breathe once the mask is on.**
- 6. With a hole puncher, punch out side holes centered at either side of the mask.**
- 7. Hold the mask up to your face. If the eye holes are too small for you to see through them, remove the mask and enlarge the holes by cutting around them with scissors (you may want an adult to help you with this).**
- 8. Next, cut two pieces of string, each approximately six inches long. Tie or tape each piece in each side hole you made in Step 6.**
- 9. Tie the ends together at the back of your head to hold the mask on.**