



HOW TO USE THIS GUIDE TO TO FIND YOUR SIZE:

1. Print this page and cut out the sizing strip along the grey dashed lines.

Fold along the FOLD LINE as indicated.

2. Press the folded portion against your nose using your index finger and make sure the FOLD LINE touches the bridge of your nose and keep one finger on there.

3. Start with size L if you are an adult.

Holding the SIZE LINE with your other index finger and thumb, hover the sizing strip over your nose, lips, and chin. Then press the SIZE LINE underneath underneath your chin.

4. While pressing on to the two ends of the sizing strip, try to speak as you would normally do. Check if there is enough space for you to do so.

If your lips touch the paper strip: try the next bigger size and redo steps 1 to 4.

If you are unsure whether this is the right size for you, try sizing down and check.

**** What's a typical comfortable space in the mask?**

An inch or so of space between your lips and the inner fabric of the mask (when you are not moving your lips) will give you a comfortable breathing and speaking room without rubbing your lips against the mask.

Can a mask be too big?

Yes. If a mask is too big, then it will keep shifting on your face, which is not advisable. You would want a comfortably snug fit around your face, yet enough room to speak.

If there is more than an inch and a half space between your lips and the mask when you are not speaking, then it is likely too big.

VISUAL GUIDE for the Sizing Strip (enlarged)

The dashed lines show the length of the sizing strip curved over the face

