

DIY Homemade Medical Face Mask and Hand Sanitizer: Protect Yourself and Your Family

As the world faces a global pandemic, it is more important than ever to take steps to protect ourselves and our families from viruses and bacteria. One of the most effective ways to do this is to wear a face mask and use hand sanitizer.

Unfortunately, medical-grade face masks and hand sanitizers can be expensive and difficult to find. That's why we've put together this guide on how to make your own DIY homemade medical face mask and hand sanitizer.

These masks and sanitizers are easy to make, inexpensive, and effective at protecting you and your family from germs.



DIY HomeMade Medical Face Mask Hand Sanitizer: 2 Books in 1 - A Practical Guide on How to Create a Homemade Medical Mask and Hand Sanitizer to Protect You and Your Family from bacteria, viruses, germs.

by Clarissa Green

★★★★★ 5 out of 5

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Materials:

- 2 pieces of 100% cotton fabric, each measuring 6 inches by 9 inches
- 2 pieces of elastic, each measuring 12 inches
- Sewing machine or needle and thread
- Scissors

Instructions:

1. Fold one piece of fabric in half lengthwise, right sides together. Sew a seam along the long edge, leaving a 1/2-inch seam allowance.
2. Turn the fabric right side out and press the seam.
3. Fold the fabric in half widthwise, right sides together. Sew a seam along the short edge, leaving a 1/2-inch seam allowance.
4. Turn the fabric right side out and press the seam.
5. Insert the elastic through the casing at the top of the mask. Tie the ends of the elastic together.
6. Repeat steps 1-5 to make the second mask.

How to Use:

- Place the mask over your nose and mouth.
- Adjust the elastic so that the mask fits snugly but comfortably.

- Wash the mask after each use.

Materials:

- 2/3 cup rubbing alcohol (70% or higher)
- 1/3 cup aloe vera gel
- 10 drops essential oil (optional)
- Funnel
- Small bottle with a lid

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 hand sanitizer into the small bottle.
5. Cap the bottle and shake well.

How to Use:

- Apply a dime-sized amount of hand sanitizer to your palms.
- Rub your hands together until the sanitizer is dry.
- Use hand sanitizer frequently throughout the day, especially after touching surfaces that may be contaminated with germs.

These DIY homemade medical face mask and hand sanitizer are a great way to protect yourself and your family from viruses and bacteria. They are easy to make, inexpensive, and effective.

So what are you waiting for? Start making your own masks and sanitizers today!



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