You can't buy surgical masks, they're sold out. Read: **DIY Masks: Is Paper Towel Effective at Blocking Viruses?** Yes, by changing our behavior!

The CDC says **if** the current rate of spread remains at 2.5 new infections for every 1 person already infected, COVID-19 will grow exponentially, overwhelming our healthcare system. But **if** we can bring the rate of spread down to 1-to-1 or lower, we can slow down and stop the growth of this pandemic. **We can do this!**

1) Double-fold about 3/16" on edges for seams & tape (highlighted).
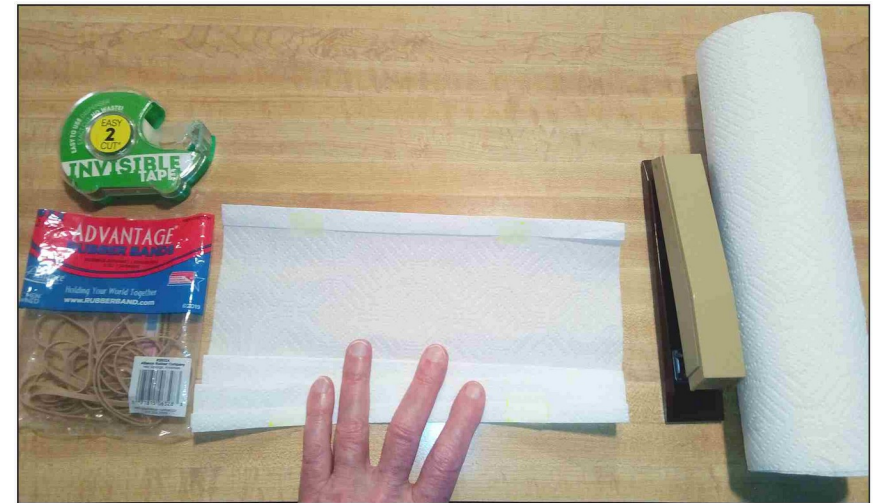
2) Start from the middle, fan-fold each half in 3 offset "stairsteps."

Read "**Grocery stores are the coronavirus tipping point**" -- they are now the **primary** **vector** of people cross-infecting each other: this is where we can slow it down!

3) Fold under 5/8" at ends, insert rubber bands and staple each end 2x.

4) Open up mask from the middle, place rubber bands around ears.

How to Make Nose-and-Mouth Masks: While they don't filter out quite as much as other masks, they keep you from touching other objects and then your nose, mouth, and eyes: the key to slowing the spread of this virus! Make 12 or more, copy this sheet, go to your grocery store and give them out. Then wash your hands when you come home. **Download and share this PDF** and get free info on how to care for the sick at **www.Agape-Restoration-Society.org/ARC/**.