

# Home Made Face Shields



## Supplies needed:

1. Foam Tape Camper Seal
2. Foam or Sponge Window Seal
3. Elastic Band Spool  
*or an elastic head band could be used.*
3. Transparent Plastic Binding Covers  
*Fellows brand used in this example*



## Face Shield Instructions

- 1) Take binding cover sheet and lay on table.
- 2) Cut camping foam (Gray foam, 3/16in x 1 1/4in x 30') to 11-inch strip, place at top of binding cover sheet and remove white paper backing.
- 3) **Forehead:** Cut smaller window foam or sponge to 6-inch strip. Place on top of larger foam and remove white paper backing.
- 4) Cut elastic band to 12-inch strip.
- 5) Staple ends of elastic band to the ends of the long foam on face shield (or staple to plastic if the foam does not reach across the length of the plastic).

