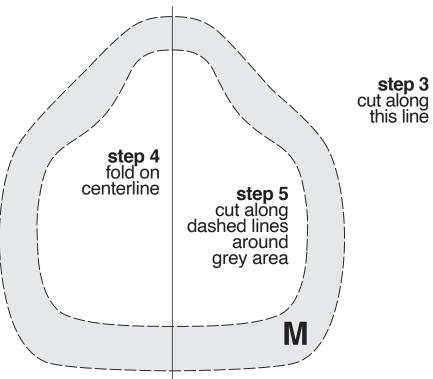
Cut out these templates to select the size that fits best.

Medium fits most women, Large fits most men.



step 2 cut along this line



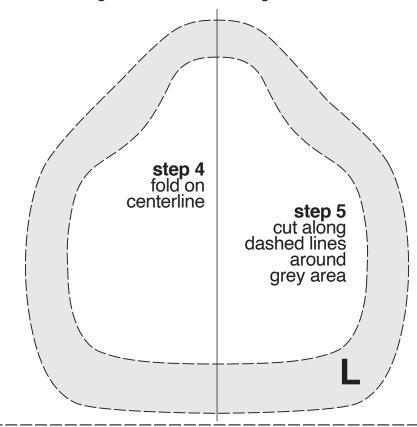
top edge below bridge of nose bottom edge above point of chin does not touch bottom lip



top edge at bridge of nose bottom edge below point of chin



Note: people with very large or small faces may not be able to achieve a good fit with either a Large or Medium mask.





top edge below bridge of nose bottom edge above point of chin does not touch bottom lip



top edge at bridge of nose touches lower lip