

DIY Face Shield

Supplies Needed

1. Transparent Plastic Binding Covers
2. Foam Weatherseal Tape **or** Foam can be cut from larger sheets into 1-inch wide pieces
3. Elastic – Elastic Head Band **or** Elastic - Preference 3/8 to 1/2 inch (larger might require two staples per side)
4. Double-sided tape – 1-inch industrial grade mounting tape (Gorilla, Scotch)



Does not need to be the exact items shown above.

Face Shield Instructions

- 1) Take binding cover sheets and lay on table.
- 2) Cut foam to 11-inch strip, place at top of binding cover sheet and remove white paper backing or use double sided tape to attach.
- 3) Forehead: Cut smaller window foam 6-inch strip. Place on top of larger foam and remove white paper backing or use double sided tape to attach.
- 4) Cut elastic band or elastic headband 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).

General information only. JMHS used these guidelines, with other information and our own experience, to create face shields for our own internal use. You should conduct your own reviews and consider quality and other issues before creating face shields or other products on your own.