

# steps for making a **plastic face shield** from a 2L bottle and cap

please share this collaborative  
design from 1955 in Kiptown



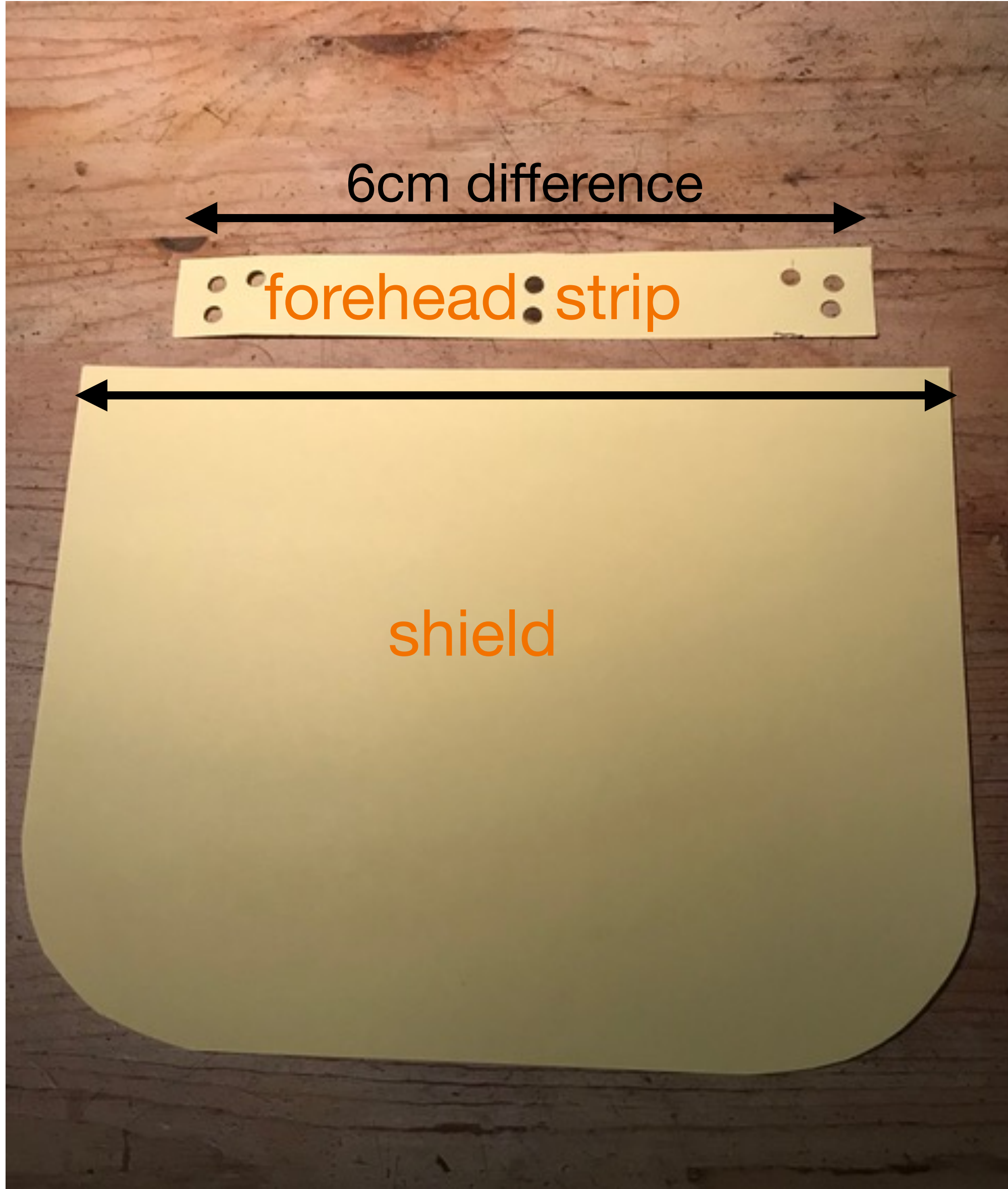
**THE PLASTIC FACE SHIELD DOES NOT STOP THE TRANSMISSION OF COVID-19, IT GIVES SOME LEVEL OF PROTECTION TO THE WEARER WHEN PHYSICAL DISTANCING IS NOT POSSIBLE.**

1. It stops you from touching your own eyes, nose, mouth
2. It stops large airborne droplets which can carry the virus

A **cotton face mask** can also be worn tightly against the face under the shield to help **prevent** transmitting the virus to others.

If used, cotton face mask **MUST** be **washed with hot water and detergent daily.**

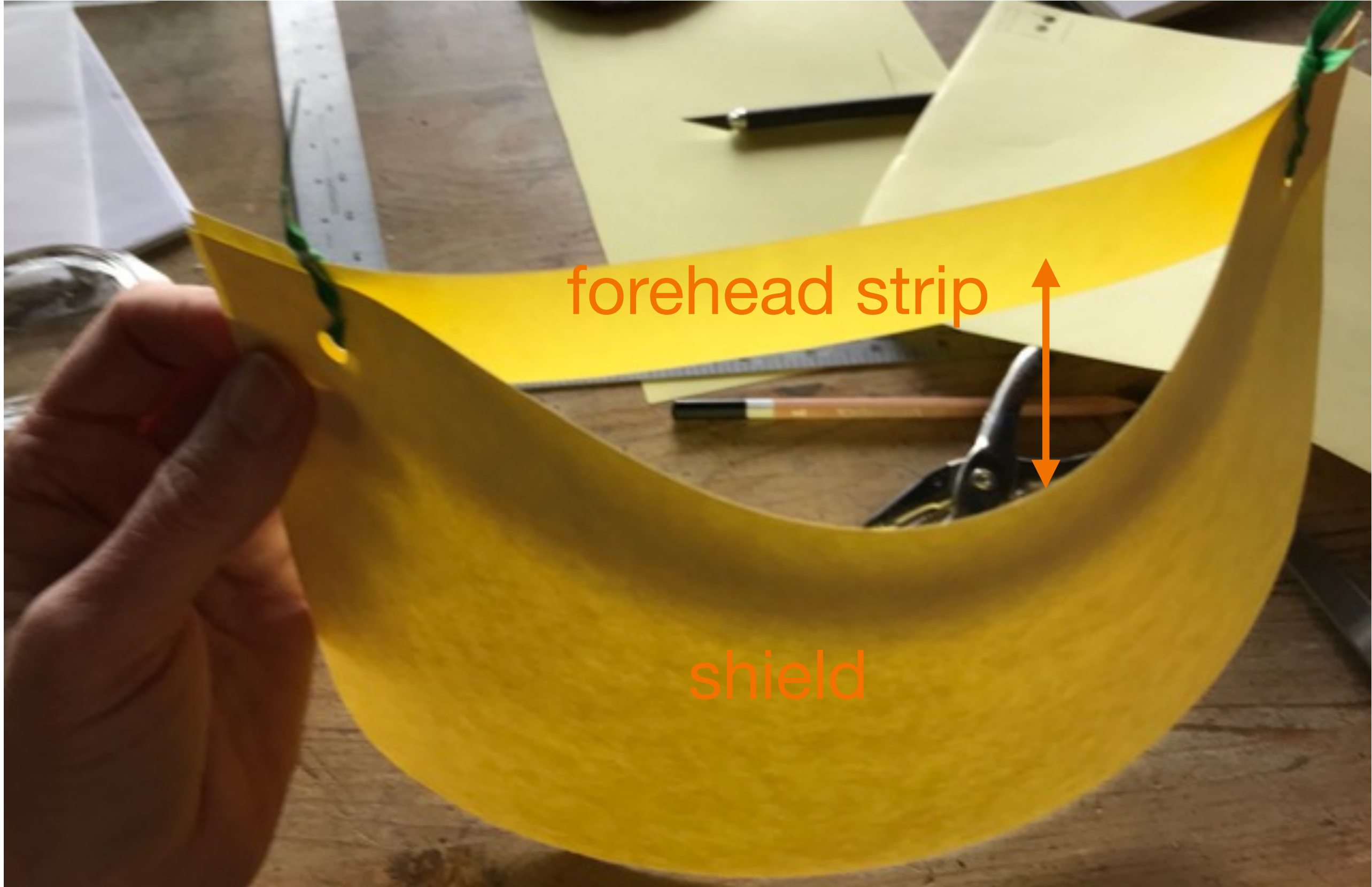
# The basic pattern





# Assembling the shield

Creating the air vent



forehead strip

shield

# Attaching the shield to the cap



Sew the shield to the outside of the cap



# The face shield





# The air vent

Increases comfort  
and reduces fogging





# Cutting the 2L plastic bottle



The bottle  
has 3 cuts



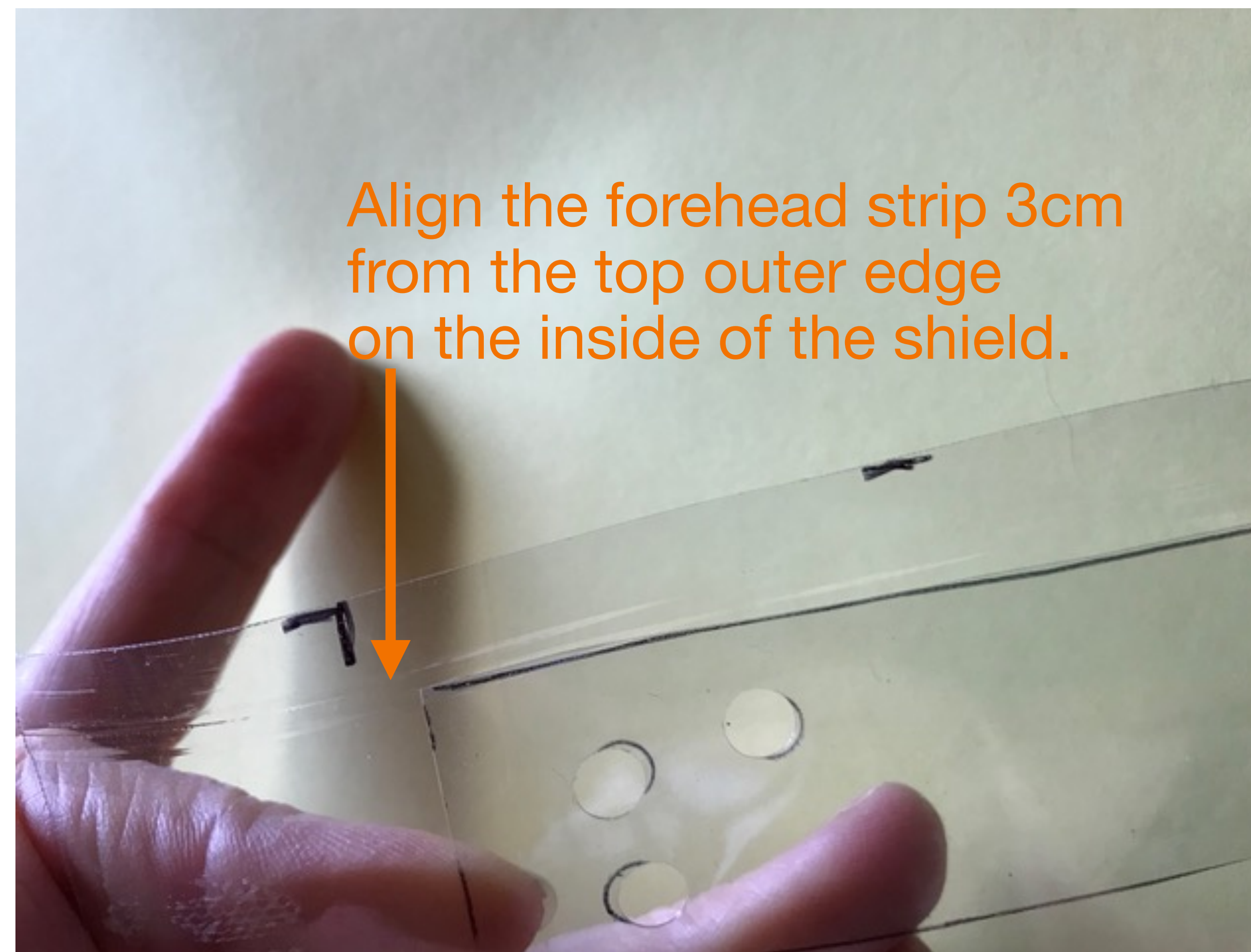
# 2L bottle as shield



The bottom of the bottle becomes the top of the face shield



# Forehead strip + shield





# Sewing the shield + cap



Stitch shield to outside of cap

Smooth & round all plastic edges



# The face shield





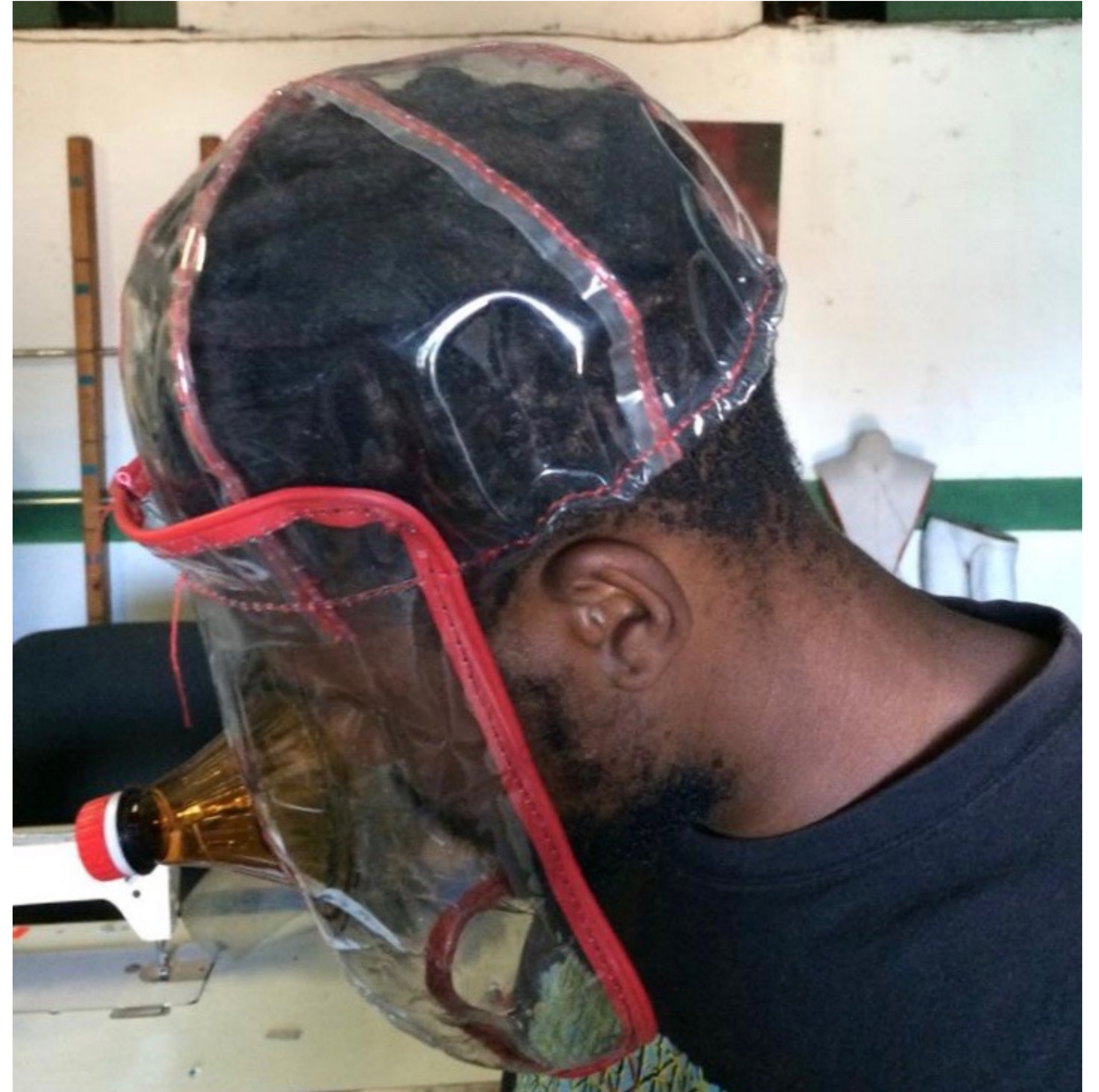
**The face shield  
without an air vent**





# Plastic Face Shield care & use

- **ONLY USE YOUR OWN FACE SHIELD**, don't share your shield!
- The plastic should fully cover your face.
- The shield should not touch your mouth.
- **Wash your hands** after removing the shield.
- **Wash the shield daily** with soap and water, air dry.  
(guidelines from WHO and medical doctor/public health expert)





# Cotton Face Mask care & use

- The mask should **fit tightly** against your face.
- **Avoid touching** the mask when on your face.
- **USE ONLY YOUR OWN FACE MASK.**
- Remove the mask from the straps, don't touch the front of the mask.
- **Wash your hands** after removing a used mask.
- **Wash the mask daily** with detergent and water.
- Use of cotton face mask is safer with face shield.

Make a cloth face mask (CDC, 2020)

Use a cloth face mask (WHO, April 2020)

(guidelines from WHO and CDC)





# **WASH YOUR HANDS OFTEN**

**All face shields shown are our  
evolving designs for  
protection + comfort.**

**From Kliptown,  
Sala kahle!**

