

# The Jersey Olsen

This is a fabric nose mask and transparent mouth shield. Always wear a mouth shield with the nose mask.

It has been designated as an alternative to a standard cloth face mask when it is anticipated that the other person needs to lip read for effective communication

## **Benefits**

It protects the other person from your mouth 'splutter' as you talk.

The other person can read your lips from the front and side.

The nose mask & mouth shield provides you with some protection from droplets in much the same way as a cloth mask.

An optional filter in the nose mask gives you extra protection by filtering some air breathed in via the nostrils - though it must be remembered that you will also be taking in some air via the mouth when talking.

It does not look more peculiar than a standard cloth mask or head shield.

The mouth shield does not 'mist up' excessively.

Glasses or protective goggles can be worn, and they do not mist up as much as a with a full cloth mask.

It can be made in flesh coloured fabric and that would make it less distracting for the lip-reader. If you only have some white or cream fabric then try soaking a small piece in strong tea (without milk).

The nose mask can be washed and reused.

The mouth shield can be cleaned or replaced.

The mouth shield is a 10 second 'make'.

The filter is small so many filters can be cut from one vacuum bag.

## **Nose Mask Instructions**

Size:

This size of nose mask (when printed correctly, 100%) will suit many men and women. When printing do not choose 'scale to fit'. To make it a different size print it at a different scale e.g. 75% for children.

You need the following:

Pattern

Scissors

Pins

Sewing machine or thread/needle

Cotton Fabric



## The Jersey Olsen

Velcro (soft side to sew). The hooks side ideally needs to be the self-adhesive on type. (Velcro make a pack called 'stick and sew').

1/2" cotton tape, more fabric or 2 hair bands

Optional: pipe cleaner or similar

Optional: fabric vacuum bag for a filter

### To sew:

Sew curved sections together.

Cut fluffy Velcro into a long thin strip the length of the mask.

Sew on the front along the centre line.

Turn over, iron and sew straight edge on 'back (nose)'.

Turn over, iron and sew appropriate edge on 'back (cheek)' (see photo).

Put sections right side together such that when turned the correct way the 'back (nose)' overlaps 'back (cheek)' with no raw edges.

### If using cotton tape for ties:

Sew along the top and bottom of the mask.

Use the gaps to thread in some lengths of cotton tape so that the tape is enclosed, and the end is in line with the mask.

Sew the mask ends.

Turn the mask right side out.

### If using fabric for ties:

Make some ties by cutting 1" strips of material on the bias.

Fold over along the length.

Stitch.

Turn the right way.

Follow instructions as per cotton tape.

Tidy the tie ends.



### If using elastic hair bands:

Sew all around the mask including the ends.

Turn the mask right side out.

Fold over the mask ends enclosing one elastic hair band and stitch (see photo).

### Optional: Nose top shaper:

At the top edge sew a channel wide enough to hold the pipe cleaner.

Insert pipe cleaner.



# The Jersey Olsen

## Optional: Filter:

Cut filter from a fabric vacuum bag.

Insert filter.

It is thought that the filters may degrade with moisture so throw filter away after about 8 hours of constant or intermittent use. Some people say that they can be washed - but the jury is still 'out' on this at the time of writing. The time of 8 hours is based upon the recommendation for other masks which use this type of filter material.



## Care:

Wash mask regularly

## **Mouth guard**

### You need:

Scissors

A4 transparent sheet e.g. overhead projector sheet or laminating sheet

Velcro (hook side to stick)

### To make:

Cut the A4 sheet in half length ways

If it is a laminating sheet put it through the laminator. It is easier to cut the sheet prior to putting it through the laminator.

Cut a thin strip of Velcro the length of the longer side of the cut piece.

Stick along one edge length.

### Care:

Throw away between use

**or**

Clean with care (e.g. Clinell wipes, disinfectant wipes) or wash with soap and water. You may need to replace the Velcro.

Glasses /Goggles -

With a standard cloth mask glasses tend to 'mist up'. The Jersey Olsen is less susceptible to this. You may find that sitting the bottom of the glasses onto the top of the nose mask fabric improves things further.

You will find an instructional video at - <https://www.youtube.com/watch?v=O3H9InYusHU>

## **Credits**

Janet Rothwell (prototype & video camera)

Fiona Sheehy (tester & video sewer)

Doreen Mills (tester)

On behalf of the Jersey dDeaf Society

If publishing these instructions, please credit the Jersey dDeaf Society

([www.jerseydeafociety.org](http://www.jerseydeafociety.org))

