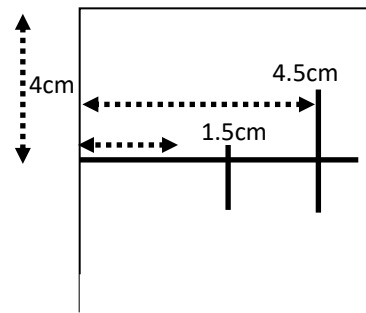


# How To Make A Simple Face Shield

- You will need:
- ▶ A hole punch
  - ▶ 1 piece of clear laminate, or any plastic around A4 size
  - ▶ A pair of glasses frames (these don't need to be anything posh, you can even use your old reading glasses)

Mark up your sheet of landscape laminate. Measure approx. 4cm down each side, then 1.5cm and 4.5cm in (these don't need to be specific, just guess if you haven't a ruler)



Then pinch your laminate at the 4cm line so it will fit inside your hole punch and punch a hole 1.5cm in, and again 4.5cm in

Repeat on the other side of your laminate

Thread your glasses through the inside lower hole first, then through the outside hole

When threading through the other side of the laminate, you will need to tilt the glasses down about 45 degrees so they can reach the inside hole on the other side

You've made a simple face shield. Now make a few more and get them to your local community/NHS hub

Of course, if you already wear glasses you can slip the laminate straight over them (just be careful when you're taking the laminate off, you might want to cut it off to prevent any breakages)