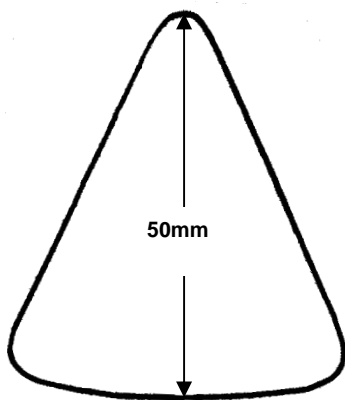
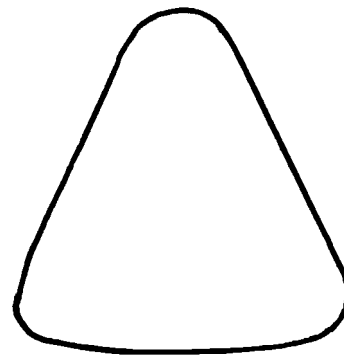


# Mask Sizing Gauge for Masks

1. Print this page.
2. Check dimensions in the Standard size triangle with a ruler to ensure that the print has not enlarged or reduced the size.
3. Cut out the triangles.
4. Put your nose through each to determine which is most appropriate.
5. Advise which size you prefer: Standard or Shallow.



**Standard size**



**Shallow size**