

The Goldfish Mask is a **Halyard Mask** available in small/medium or large. Barbara Roden designed it based on the shape of the Olson Mask. It is **reusable** and **as effective as a surgical mask for filtering particles**, while it is **more effective than a surgical mask for creating a tight seal** around the nose and mouth. The air pocket in front of the mouth **maximizes breathability** by maximizing the surface area for easy breathing.





**2.** Adjust the loop around your head based on your preference. This demo shows the loop at the bottom.

**3.** Tie the open ends of the straps to secure it around your head

**4.** Smooth out the edges of the mask to make sure it hugs your face

**1.** Shape the metal nose

piece to create a tight seal

around your nose

**5.** Check your seal: take a deep breath in and out through your mouth. The mask should slightly collapse inward when you breathe in and re-expand when you breathe out

You can request your free mask by filling out a form at **freemaskprojectvancouver.com/donate-now** 

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