



Plastic Face Shield

Production of these shields for the public, first responders and the health facilities personnel will allow the limited supplies of certified masks and face shields to go to the doctors and nurses who can save lives.

Wearing a mask decreases the possibility of droplets contacting your face → less contamination → less sick people → less patients → less contamination to doctors and nurses who do not have enough PPE gear to protect themselves at this moment.

We created a design that is very simple. The face shield will provide full coverage of the face from ear to ear, in addition to the face masks that you are using. Even when you are not wearing a face mask, this will provide some protection compared to not wearing anything around your face. Not only is this a low-cost alternative, but the face shield is also REUSABLE, ADJUSTABLE, UV RESISTANT, COMFORTABLE, DOES NOT FOG, and CAN BE WIPED OR SANITIZED using alcohol or any antibacterial solution that you have.

Joining our efforts as 4-H members state and nationwide, we can make a difference! Please let us know how you will contribute by reporting to [our Plan Hero page](#).

Stay safe and stay healthy. Thank you.

Alexander and Jessica, 4-H members in Santa Clara County, University of California Cooperative Extension



Here is the list of materials that you need per shield:

- Hanger strap measurements – 2 ea x 13.5 inch strips (18 holes plus “wings”). 100 ft roll = enough for 42 shields
- 4 inch long ¼ inch zip ties (“mini-ties”) Note: larger zip-ties are too thick. (hardware store)
- 3/8 “ foam window seal tape (hardware store)
- 9 inches of ¼ wide elastic cord. May substitute a large hair tie or rubber band
- 8 mil clear PVC binding covers (office supply store or order online) Another optional change is to use 800 polyester plastic sheets - they have the flap with 11-holes so they can be used in lieu of the plain sheets of PVC, eliminate the staples and attach the sheets with mini- zip-ties
- Optional design addition: include a 6" strip of the foam weather stripping on the inside strap to contact the forehead. This would achieve two things: stop sweat from running down in the center region of the shield and creating openings on either end to allow hot air to escape. 1 x 6" & 2 x 1 " strips of 1/4" weather stripping - cut and attach immediately as the last step in completing the masks. Unwind no more than about a foot at a time. Minimize handling for 36-48 hours to give adhesive a chance to 'dry' in place.

Please see our video, [“Make Face Shields for Heroes”](#) on the California 4-H YouTube channel to see how to make the masks.

Thank you for supporting people in your community!