

# The easiest way to make your own medical mask from Dr. Pham Hung Van - President of Ho Chi Minh City Association of Clinical Microbiology

Dr., Dr. Pham Hung Van - Chairman of the Ho Chi Minh City Society of Clinical Microbiology has instructed how to make a mask from a tissue paper to use temporarily when you cannot buy a mask.

While medical masks, cloth masks are out of stock due to fears of widespread disease, causing people to rush to buy, Dr. and Doctor Pham Hung Van - President of HCMC Clinical Microbiology Association I have shown you how to make a mask from napkins to use while you can't buy it.

He shared this video on his personal Facebook page, you can refer to the following address:

<https://www.facebook.com/van.phamhung/videos/10212789017118568/>

## Video tutorial on making masks from tissue paper:

### How to make masks from paper napkins

Preparation: 2-3 fine, clean, dust-free sheets of paper like Kimwipes or Pulppy, 4 rubber bands, a paper pin.

Step 1: Put paper towels vertically to create a mask

Step 2: Connect 2 elastic bands together, forming 2 pairs

Step 3: Use paper clips to fix elastic bands on the two ends of the paper

So you've got a tissue paper mask to use while you don't have a mask.

You remember that with this mask you also use only once, wear and remove like medical masks to ensure hygiene. If you have a cloth mask you can also use, disposable and clean, more carefully soak the boiling water for 30 minutes and then dry it to reuse.

Hopefully the translation will be over so that we can return to a normal pace of life.

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