






Sip & Puff Straw Modified KN95 Masks
Created in Response to COVID-19 Prevention
Project time: 5 - 10 minutes

*Disclaimer: These face masks will **Not** guarantee the prevention of contracting or spreading COVID-19. Please read the available information regarding masks and how to use them from a credible source (such as [CDC.gov](https://www.cdc.gov)) to inform you of “best practices” in using the resource and instructions outlined in this document.

Needed Materials using a Premade Face Mask:

Component	Price	Source	Notes
 <p>KN95 Mask</p>	\$12.95	https://www.amazon.com/Homar-Biotech-KN95-Masks	2 PACK - US Medical Pros KN-95 mask features nose/mouth protection.
 <p>Grommet Tool Kit</p>	\$16.15	https://www.amazon.com/Pangda-Grommet-Setting-Tool-100+Sets+Grommets+Eyelets+with+Storage+Box-2/5+Inch+Inside+Diameter	Grommet kit set includes a hole cutter, a matched mandrel, and 100 sets of grommets eyelets (each set includes 1 eyelet and 1 washer), and a storage box; Eyelets size: 2/5” (10 mm) internal hole diameter
 <p>Silicone Grommet</p>	\$9.99	https://www.amazon.com/Silicone-Straw-Hole-Grommets-with-Attached-Plugs	40 Silicone Straw Hole Grommets with Attached Plugs; Fits a 10mm hole; Reduces a 10mm hole to an 8mm internal hole diameter

- Hammer, ruler, sharp edge (e.g., X-ACTO knife), handheld firm but yielding surface (e.g., eraser), durable and flat work surface

*Disclaimer: The provided [Premade Face Mask](#) link serves as an *example* of where you can purchase a reliable alternative to an N95 mask online. There are many other options. See Reference no. 5-6 or visit your closest Home Depot, home supply, or hobby store.



Components for Adapting a KN95 Face Mask for Sip & Puff Straw use:



Instructions for Adapting a KN95 Face Mask for Sip & Puff Straw use (9 Steps):

*Please review all steps of the instructions prior to beginning the project.

1. Mark the ideal hole-punch location on the mask with a pen or pencil:



We suggest having the end-user position the mask on their face and then marking the ideal hole-punch location, based on the end-user's mouth positioning in reference to the mask. Approximately, 2 ½ - 2 ⅝ inches from the top arc of the mask and approximately 1 inch from the front crease of the mask works best for most people.



2. Use the black $\frac{3}{8}$ " (10 mm) hole-punch tool (comes with grommet tool kit, see page 1) with the sharp metal edge down to cut a hole centered on the marked hole-punch location on **one** side of the mask:



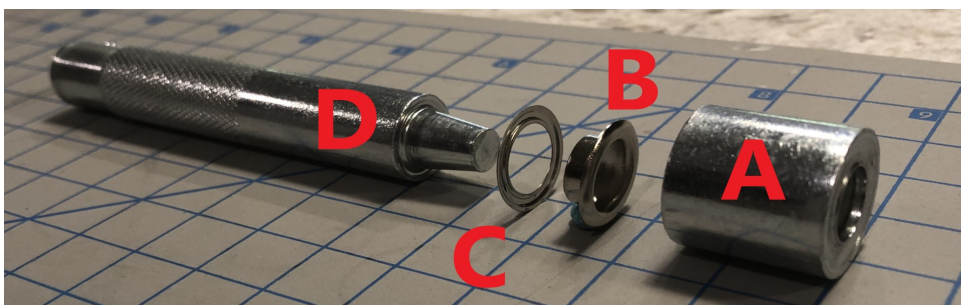
Position a firm but yielding surface (e.g., an eraser), held with one hand, on the inside of the mask. (The eraser, or something similar, provides a durable surface for the hole-punch tool's sharp edge to twist into and prevents both your hand and the other side of the mask from being cut during the hole punch process.) Press and twist the hole-punch tool, centered on the marked hole-punch location, with your dominant hand.

3. Set out a 2-piece metal grommet eyelet (unassembled) and a silicone grommet:



4. Align the Grommet Setting Tool components:

- Align the top half of the grommet (**B**) rounded-side-down on the **setting die (A)** to align on the outside of the mask hole
- Align the bottom half of the grommet (**C**) on the tapered end of the **insert punch (D)** to align on the inside of the mask hole





5. Align the face mask hole between the 2 aligned ends of the grommet setting tool components:



Vertical assembly from bottom to top: Grommet **setting die (A)**, top half of grommet **(B)** (rounded side facing down), face mask hole (front-of-mask facing down), bottom half of grommet **(C)**, grommet **insert punch (D)** (tapered side facing down, through the face mask hole). Ensure that all mask material is positioned between the grommet eyelets prior to hammering the vertical assembly down.

6. Hammer the vertical assembly thoroughly on a flat, durable work surface:



Ensure that the grommet components are pounded tightly together, with the mask fabric secured tightly between the grommet eyelets.



7. Insert the silicone grommet into the metal grommet secured in the mask hole from the inside of the mask. Align and push the base of the silicone grommet firmly into the metal grommet. When inserting the silicone grommet into the metal grommet, make sure to align the silicone grommet's attached plug so that it's positioned to close the grommet hole from the outside of the mask:



Your Sip & Puff Straw Adapted Mask should resemble this after all prior steps are completed:



8. Insert the [Saliva Ejector](#) nozzle (11/32" outer diameter) into the mask's open grommet hole:



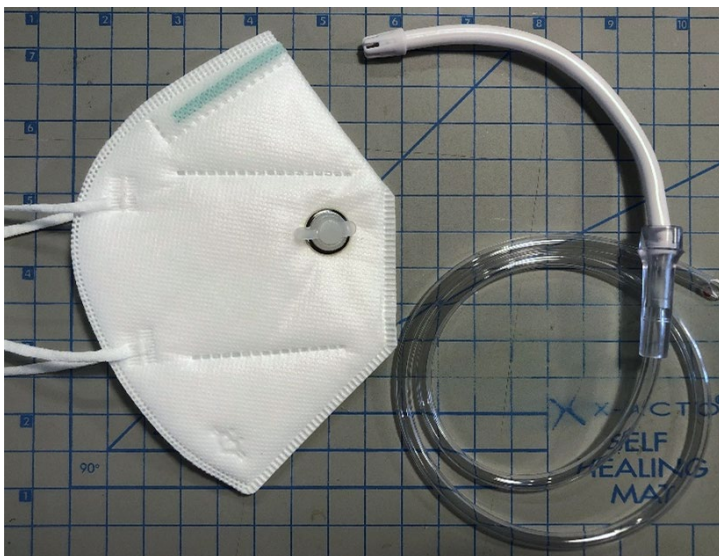


Completed Sip & Puff Straw Adapted KN95 Face Mask:

Sip & Puff **In-Use** (grommet plug **open**):



Sip & Puff **Not In-Use** (grommet plug **closed**):



Note: It's easiest to remove the saliva ejector from the mask by detaching the bottom of the saliva ejector straw from the oxygen tubing insert and pushing the end of the saliva ejector straw through the grommet hole so that the saliva ejector is removed from the inside of the mask.



Questions?

Please contact:

- Erin M. Radcliffe, B.S. BME
B.S. Biomedical Engineering; Industrial Design minor, Georgia Tech
Rehabilitation Engineer | Research Coordinator
Office: 404-350-7458 | Cell: 770-990-0737
erin.radcliffe@shepherd.org
- Adina Bradshaw, M.S. CCC-SLP, ATP
Speech-Language Pathologist | Assistive Technology Specialist
Office: 404-350-7426 | Cell: 470-755-1052
Adina.Bradshaw@shepherd.org
- Chris Maurer, PT, MPT, ATP
Assistive Technology Program Manager
Office: 404-367-1333 | Cell: 404-542-8712
chris.maurer@shepherd.org

References and Supplemental Material for this Instructable can be found here:

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:dbdba0d6-8185-4a2c-828f-dc5dbc81dc70>

Video Tutorial: <https://www.youtube.com/watch?v=NFakgaEnMfy&feature=youtu.be>