Remove the two elastic bands and metal bridge from the surgical mask. Set the elastic bands aside and discard the metal bridge. Push the mask down into the neck of the bottle.

Make four small holes in the sides of the mask. Feed the ends of the elastic bands through the holes and tie them off so they can be pulled back through. Seal the holes with glue to prevent leaks in the mask. Carry a bottle of vinegar to soak the mouth cover before putting on the mask.

Use a single length of foam insulation to fold over the edges of the bottle until it is completely covered.

Use the permanent marker to draw a U-shaped area big enough to fit your face.

Cut away the bottom of the bottle just above the ridged area and discard it.

Cut along the lines of the template to remove the U-shaped section.

Remove the two elastic bands and metal bridge from the surgical mask. Set the elastic bands aside and discard the metal bridge. Push the mask down into the neck of the bottle.