

MAKE YOUR OWN REUSABLE FACE MASK

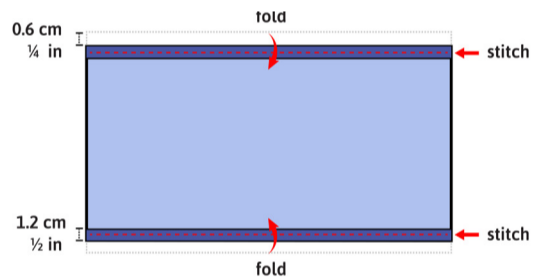
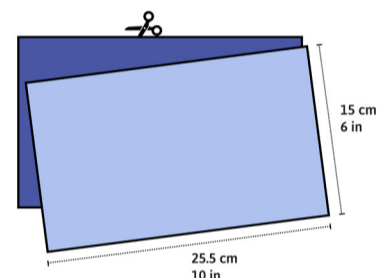
General considerations

- Simple face masks can be made at home using washable and breathable fabric.
 - A fabric face mask should have three layers of fabric to offer better protection:
 - Outer layer – hydrophobic material e.g. polypropylene or polyester to repel droplets
 - Middle layer – polypropylene fabric e.g. synthetic, non-woven, water-resistant material
 - Inner layer – hydrophilic material e.g. cotton to absorb droplets
 - A white cotton inner layer is recommended to identify when the face mask is soiled/wet.
 - The middle layer can be inserted into a pocket between the inner and outer layer and act as a filter.
- There are four sizes: Small (<11cm), Medium (10-12cm), Large (11-13cm), Extra-large (> 12.5cm)

How to sew a face mask

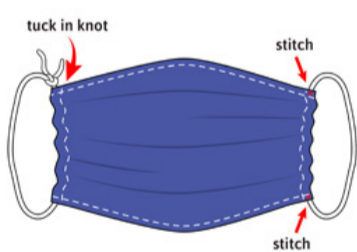
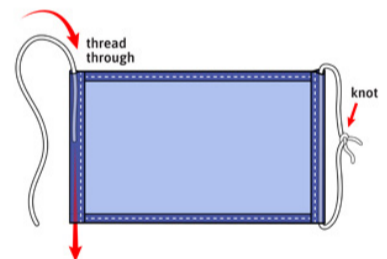
- You will need the following materials:
 - Three 25cm x 15cm rectangles of cotton fabric
 - Two 15cm pieces of elastic (or rubber bands, string, cloth strips or hair ties)
 - Needle and thread (or bobby pin)
 - Scissors
 - Sewing machine

- Cut out three 25cm by 15cm rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. Stack the two rectangles; sew the mask as if it is a single piece of fabric. Leave a space between the inner and outer layer, forming a pocket, to insert the middle layer fabric (filter).



- Fold over the long sides 0.6cm and hem. Then fold the double layer of fabric over 1.2cm along the short sides and stitch down.

- Run a 15cm length of 0.3cm wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or bobby pin to thread it through. Tie the ends tight. If you don't have elastic, alternatives include hair ties or elastic head bands.



- Gently pull the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the face mask fits your face. Then securely stitch the elastic in place to keep from slipping.

How to make a non-sewn face mask

- You will need the following materials:
 - Washable and breathable fabric (cut approximately 50cm x 50cm)
 - Rubber bands (or hair ties)
 - Scissors (if you are cutting your own cloth)
 - You can use an old t-shirt, bandana or scarf for this.
1. Firstly, fold the washable and breathable fabric in half.
 2. Fold top down. Fold bottom up.
 3. Place rubber bands or hair ties about 15cm apart.
 4. Fold to the middle and tuck.
 5. Make sure your mask fits snugly but comfortably to your face.

