

Make a face mask



You will need:
Two **25cm x 25cm** squares of cotton fabric



Two **20cm** pieces of elastic (or you could use string or cloth strips)



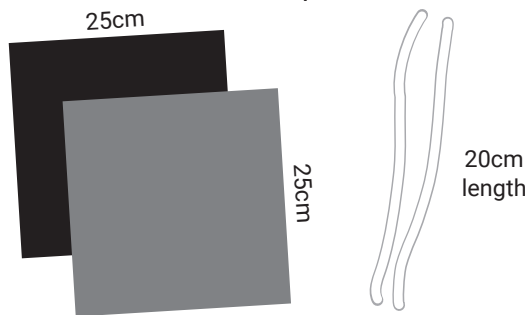
Scissors



Needle and thread or sewing machine

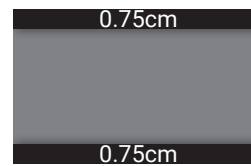
Step 1

Cut out two **25cm x 25cm** squares of cotton fabric. Place the squares on top of one another. Additionally, cut two 20cm pieces of elastic for the ear loops



Step 2

On one side fold over **0.75cm** of fabric and hem, then repeat on the opposite side. Make a channel on the two remaining sides by folding the double layer of fabric over **1.5cm** and stitch down.



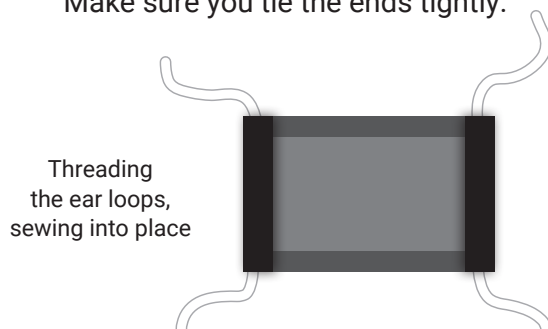
Fold over the top and bottom and hem (**0.75cm**)



Fold over the sides and hem (**1.5cm**)

Step 3

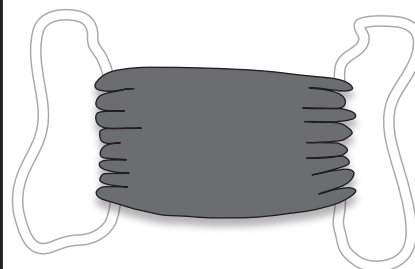
Thread a **20cm** length of elastic (string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to help thread it through. Make sure you tie the ends tightly.



Threading the ear loops, sewing into place

Step 4

Pull gently on the elastic so that the knots are tucked inside the hem. Gather and ruche the sides and adjust the covering so it fits your face. Then stitch the elastic into place to keep it from slipping. The elastic loops fit over the ears.



Completed face covering, knots tucked in, cloth slightly gathered

This is not PPE or a medical grade face covering. It does not provide protection against coronavirus (COVID-19) but it may help reduce the risk of transmission to others in some circumstances if you are carrying coronavirus (COVID-19). Please refer to Government guidelines on the use of non-medical grade face coverings.