

Use this dotted square as a template 

How to make a cloth mask

MATERIALS

✓ OUTER LAYER

1 piece of 25cm x 25cm water-resistant fabric (polyester/polypropylene). Example: Clothing, reusable 'green' shopping bags, exercise clothing.

✓ MIDDLE LAYER

1 piece of 25cm x 25cm fabric blends (cotton polyester blend/polypropylene). Example: a repeat layer of either clothing or reusable 'green' shopping bags.

✓ INNER LAYER

1 piece of 25cm x 25cm water-absorbing fabric (cotton). Example: clothing.

✓ EAR LOOPS

2 x 20cm pieces of elastic, string or cloth strips. Example: t-shirt or shoelaces.

IMPORTANT: Make sure that all materials are intact and have not worn too thin or have holes in them. Check the item's label or tag to confirm the type of material.

MATERIALS

✓ Bandana, old t-shirt, or square cotton cloth (cut approximately 51cm x 51cm)

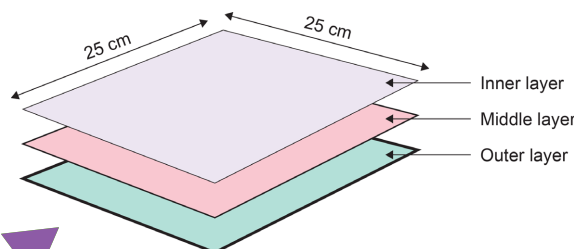
✓ Rubber bands or hair ties

✓ Scissors

Source: www.cdc.gov

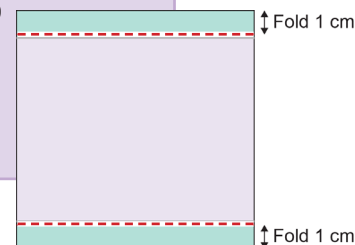
STEP 1

Cut out the outer layer, middle layer and inner layer pieces. Place the outer layer on the bottom, the middle layer in the middle, and the inner layer on top.



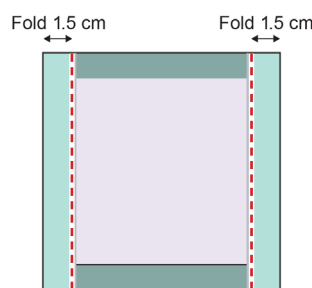
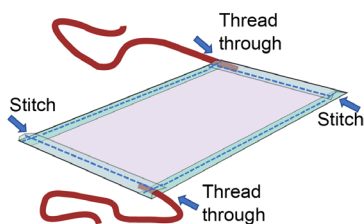
STEP 2

With the inner layer facing up, fold over 1cm of the three pieces of material for the top and bottom edges and stitch at the borders (see red dotted lines).



STEP 4

Thread a 20cm piece of elastic, string or cloth strip through the wider edge on each side. Use a safety pin or large needle to thread it through.

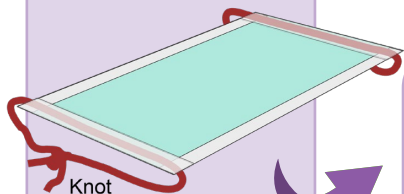


STEP 3

With the inner layer facing up, fold over 1.5cm of material for the side edges and stitch (see red dotted lines).

STEP 5

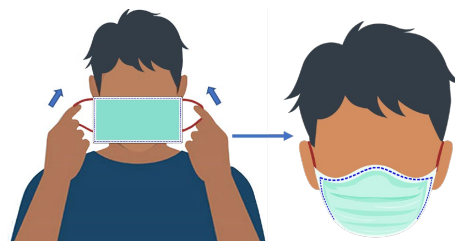
Knot the ends tightly or stitch them together.



Source: www.dhhs.vic.gov.au

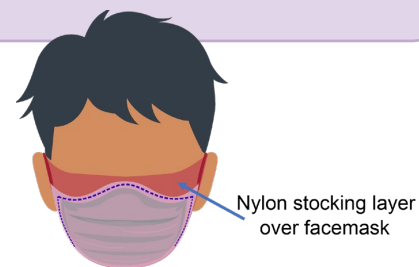
STEP 6

Put on the mask with the outer layer facing away from your face. Adjust the mask to make sure it fits tightly over your nose and mouth. While wearing and removing the mask, do not touch the outer layer. Wash your hands before putting your mask on and after taking it off.



STEP 7

If you want to improve the fit of your mask you can add a nylon stocking over the mask and tie at the back of the head.

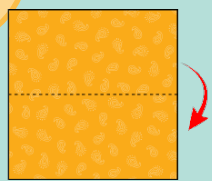


MAKE SURE YOUR CLOTH FACE MASK:

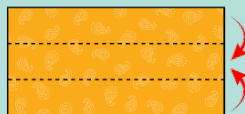
- Fits snugly but comfortably against the side of the face
- Completely covers the nose and mouth
- Is secured with ties or ear loops
- Includes multiple layers of fabric
- Allows for breathing without restriction
- Can be laundered and machine dried without damage or change to shape

no sew

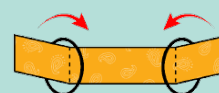
1 Fold bandana in half.



2 Fold top down, and bottom up.



3 Place rubber bands or hair ties about 15cm apart. Fold side to the middle and tuck.



25cm

25cm