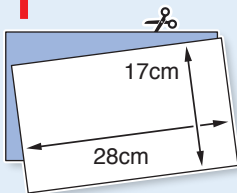


How to make a fabric face mask

More countries are advising people to wear a mask when they go out in public, as growing evidence suggests that even a simple cloth face covering could help slow the spread of coronavirus disease (Covid-19)

1 Cut out two rectangles of fabric



Use tightly woven cotton or cotton-poly blend, such as old bedsheet or pillowcase

If possible, use contrasting fabrics to indicate inside and outside of mask

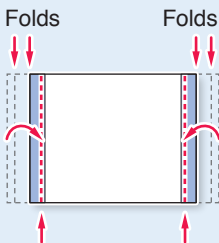
2 Put right sides of fabric together.

Stitch long sides then turn fabric inside out so right sides face outwards



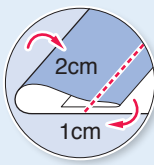
Stitch 1cm from edges of fabric

3 Fold fabric over 1cm and over again 2cm along short sides, then stitch down to create hem

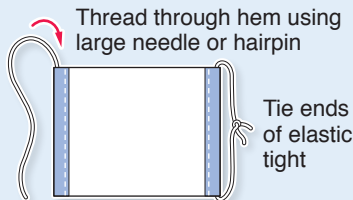


Stitch 1.5cm from outer edges

Detail of double-fold hem



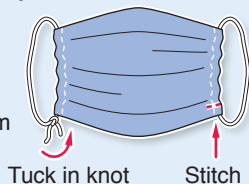
4 Thread 30cm-long lengths of 3mm-wide elastic through hems to make ear loops (length may vary depending on head size)



If you don't have elastic, use longer length of string or shoelaces to tie mask behind your head

5 Gently pull elastic so that knots are tucked inside hem. Gather sides of mask on elastic and adjust so mask fits your face

Securely stitch elastic in place to keep it from slipping



Note: Mask should allow for breathing without restriction, and be routinely washed depending on frequency of use. Cloth face coverings should not be placed on children under age of two, or anyone who has trouble breathing