



Design and preparation of cloth mask

To make this cloth mask you will need:

Component	Quantity and dimensions	Material type	Example materials
Outer	1 piece, 25 cm x 25 cm	Water-resistant fabric (polyester/polypropylene)	<ul style="list-style-type: none"> • Clothing • Reusable 'green' shopping bags • Active wear (quick dry)
Middle	1 piece, 25 cm x 25 cm	Fabric blends (cotton polyester blend/ polypropylene)	A repeat layer of: <ul style="list-style-type: none"> • clothing or • reusable 'green' shopping bags
Inner	1 piece, 25 cm x 25 cm	Water absorbing fabric (cotton)	<ul style="list-style-type: none"> • Clothing
Ear loops	2 pieces, 20 cm each	Elastic or string or cloth strips	<ul style="list-style-type: none"> • T-shirt • Shoelaces



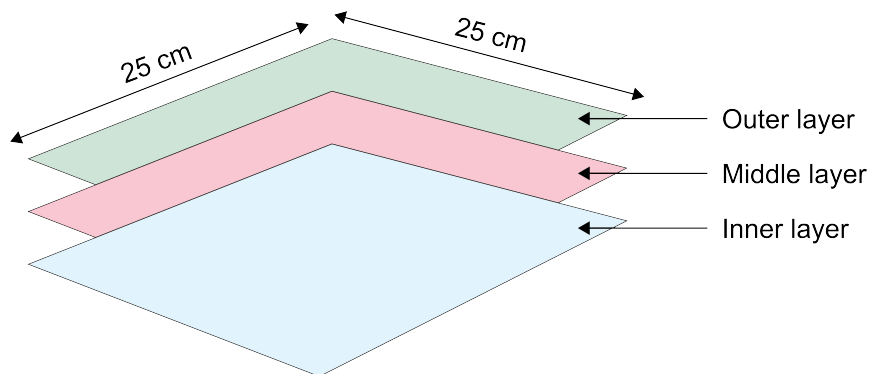
IMPORTANT: Make sure that all materials are intact and have not worn too thin or have holes in them.

Check the item's label tag to confirm the type of material. Material dimensions are approximate and sized for an average adult.

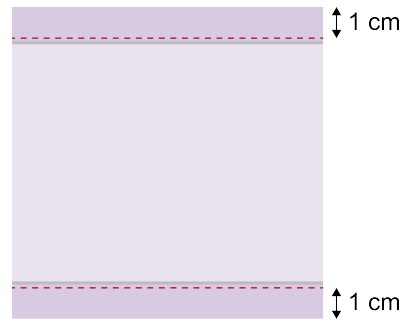
Steps

A. Cut out three 25 cm x 25 cm squares of each fabric.

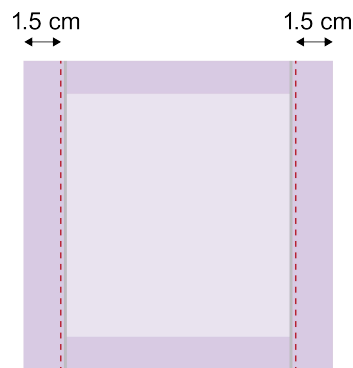
These will form the outer, middle and inner layers.



- B. Fold over 1 cm of material for the top and bottom hems and stitch (see red dotted lines).**

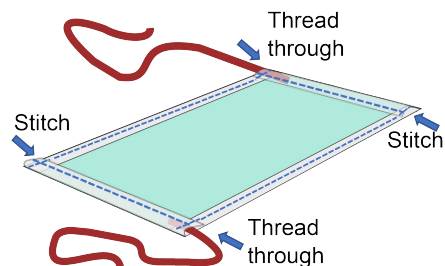


- C. Fold over 1.5 cm of material for the side hems and stitch (see red dotted lines).**

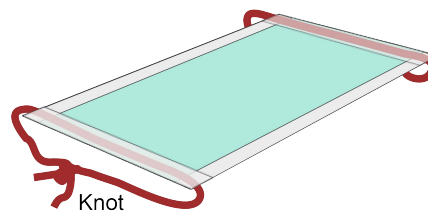


- D. Run a 20 cm length of elastic, string or cloth strips through the wider hem on each side.**

Use a safety pin or large needle to thread it through.

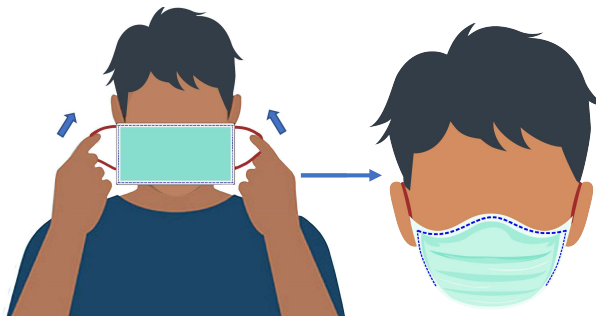


- E. Knot the ends tightly or stitch them together.**

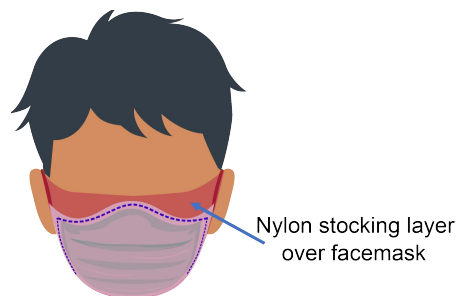


F. Wear the mask carefully so that the mask fits your face.

While wearing do not touch the outer layer.



G. 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.



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