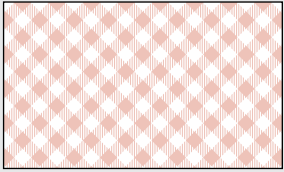


# How to make a face covering

Simple step-by-step instructions

## Materials



100% Cotton fabric; bed sheets or tea towels work too.



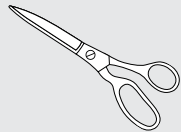
Elastic: Two pieces of elastic 15 cm long that is between 0.3-0.6cm wide.



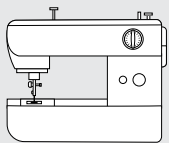
If you do not have elastic, you can use strips of fabric, bias tape or ribbon.



Pins



Scissors



Sewing machine

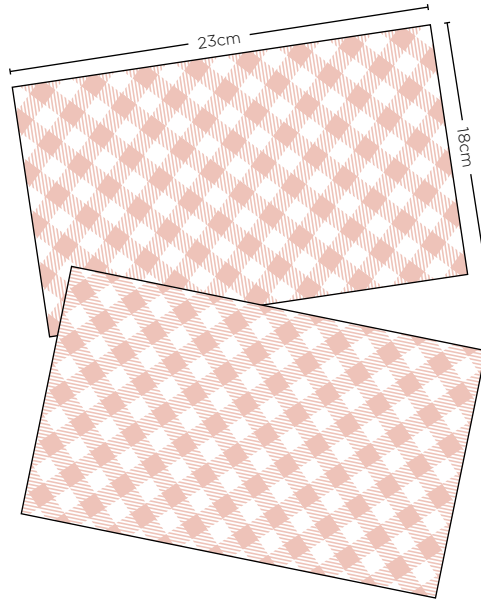


Iron, for pressing

If you don't have a sewing machine, a needle and thread will do

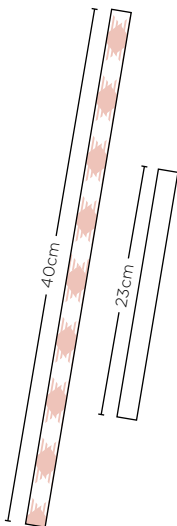
### Step 1.

For each mask, cut two 18cm x 23cm pieces of fabric.



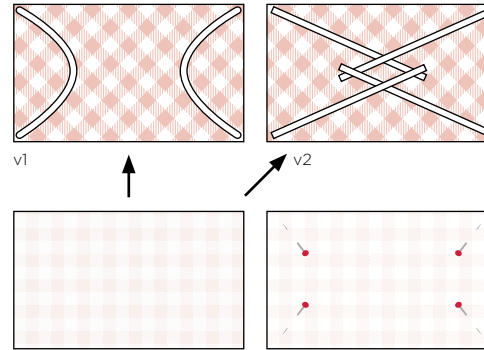
### Step 2.

Cut two pieces of 18cm elastic, if you do not have elastic, cut 4 pieces of 2.5cm x 40cm fabric strips. If possible, cut the fabric strips on the bias (diagonal of fabric), fold in half, press and sew halves together to make narrower strips. or use ribbon.



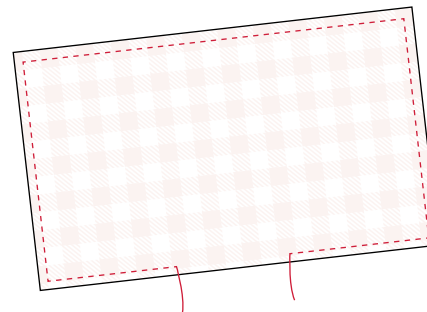
### Step 3.

Between 2 pieces of fabric, place a piece of elastic to the corners as shown (v1) or place fabric strips or ribbon to each corner (v2). Place top piece of fabric over the bottom piece and pin both layers with elastic or fabric strips in between. Right sides of fabric are pinned together.



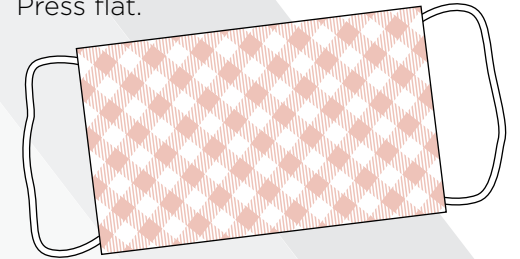
### Step 4.

Stitch around the outer edge, leaving a 5cm opening on one side.



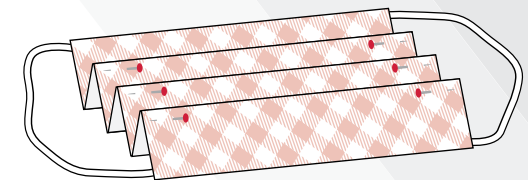
### Step 5.

Turn the mask right side out, pulling the fabric through the opening. Press flat.



### Step 6.

Fold three evenly-spaced 1.3cm pleats, pin in place and lightly press carefully avoiding the pins.



### Step 7.

Stitch around entire outer edge.

