Face Mask Making Instructions
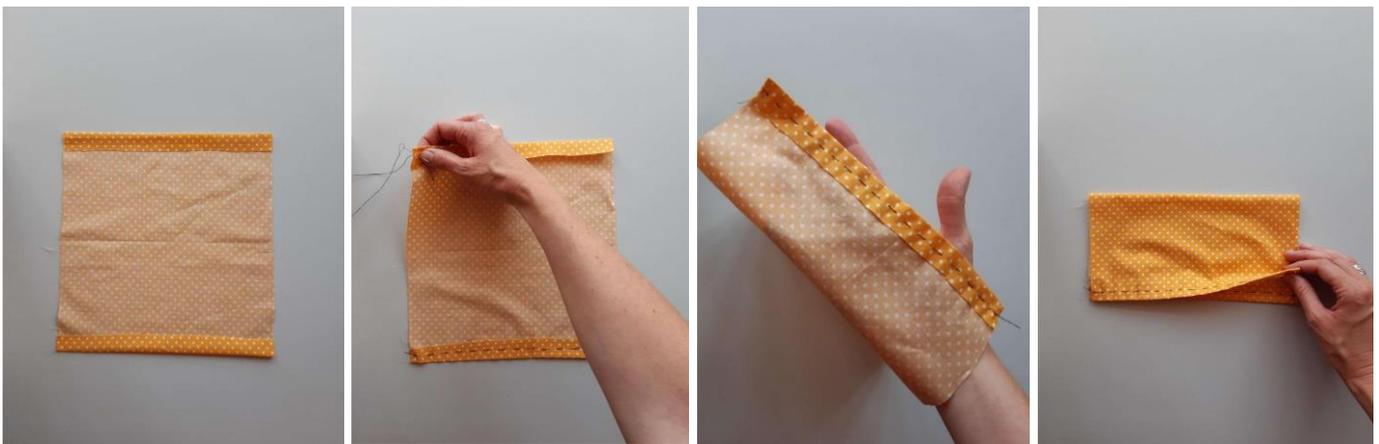
What you will need:

A piece of cotton material (size 25cm x 30cm)
Elastic (length approximately 60cm)
Thread
Needle
Scissors
Safety Pin

How to make your mask:

1. Take your piece of cotton material and place it on the table, with the nice side of the fabric touching the table and the fabric placed with the 30cm length going downwards and 25cm across. Then fold over the top and bottom edges of your material as shown, by approximately 1cm and press the edges with either your hand or an iron. Then take a piece of thread of approximately 80cm in length, with a knot at the end and sew along the fold as shown. If you have a sewing machine you could sew the folds with a sewing machine. Repeat on the other fold. Then fold your piece of fabric in half widthways.

2. Then fold one side of the width of your fabric over by 1cm and fold it over again. Then take your needle and a piece of thread and sew down the folds to secure them in place. When sewing the folds ensure your stitches are as far from the edge of the fabric as possible, as you are creating a little slot down the side to place your elastic. Repeat this on both sides of the fabric, so you have a slot either side.

3. Then take your piece of elastic of approximately 60cm and cut it in half. Take one piece of elastic and secure a safety pin at the end of it. Then use the safety pin to thread the elastic through one of the side slots you have made. Then unhook the safety pin and repeat the process with the other piece of elastic.

4. Then on one side of your mask, knot the two ends of elastic together, then repeat this on the other side and try your mask on. You can then adjust and retie the knots depending on how tight or loose your mask is on your face, to ensure a comfortable fit. Once the elastic is the correct length, shift the elastic in the slots you created until the knot is hidden. Repeat the process on both sides.

5. The gap between the two pieces of fabric can be used to place a filter, for the example I have shown a piece of kitchen towel. Your mask is now complete.