

Instructions and materials for mask

Materials:

- Needle (thin and small if possible)
- Thread
- Printed or drawn pattern (see mask pattern attached)
- Scissors (fabric scissors if possible)
- Pins or something heavy (such as a glass, container or paper weight)
- Breathable non-stretch fabric such as cotton or linen (at least A3 in size)
- Pen or pencil (depending on fabric)
- Ribbon or elastic (can recycle the elastic from a disposable mask)
- Ruler
- Safety pin

How to make the mask:

1. Cut out one of the shapes in the printed pattern (either S or L), one is larger than the other. Or use a drawn version from measurements on the pattern pdf.
2. Fold your fabric in half with enough space to place the pattern twice.
3. Place a weight (and trace) or pin down the paper pattern piece. Cut around the pattern piece. Repeat this again to get 4 cut pieces of fabric.
4. Pin two pieces along the curved edge. Repeat this for the remaining pieces.
5. Thread your needle with roughly 45cm of doubled thread (90cm). Do a regular knot.
6. Hand stitch (back stitch) 0.5 cm in from the curved edge. This is one side your mask. Remember to do a knot at the end.
7. Repeat step 6 with the other 2 pieces.
8. You now have 2 sides of your mask. Place one inside the other with the centre sewing line (your centre seamline) exposed on the outside, on both sides.
9. Using a back stitch again, hand sew along the top and bottom of your mask with the same seam allowance (0.5 cm).
10. Turn it inside out, pushing the seamline (the sewing line you just made) out, to make it as smooth and flat as possible.
11. Fold 1 cm of the shorter straight edge over towards the center seam line of the mask (whichever side you choose), folding in the raw edge so it is not showing. Backstitch, to secure the folded in raw edge.
12. Thread through a ribbon, your elastic, or use a strip of fabric using a safety pin to thread through.
13. Wash mask before using.