

Illustration by MoHFW

You can easily make a mask at home to protect yourself.

Make a Mask using a Sewing Machine

Things you will need:

<p>1.</p>  <p>100% cotton material</p>	<p>Any used cotton cloth including old cotton vest or t-shirt can be used to make this mask. Remember the colour of the mask does NOT matter. You must ensure that the fabric is washed well in boiling water for 5 minutes and dried well, before you make the mask. Adding salt to this water is recommended.</p>		
<p>2.</p>  <p>Four pieces of cloth strips</p>	<p>3.</p>  <p>Scissors</p>	<p>4.</p>  <p>Sewing Machine</p>	

Begin with

For Adult Size Mask



1.a Cutting Fabric - Cut cloth for the mask at the following sizes as required:

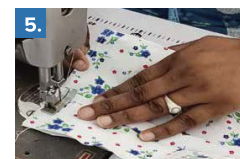
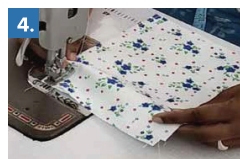
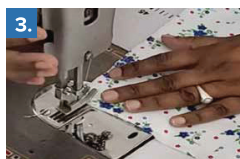
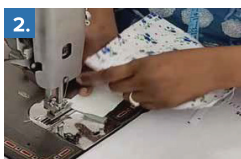
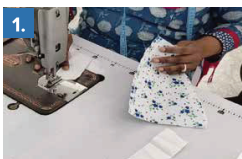
- Adult: 9 inch x 7 inch
- Child: 7 inch x 5 inch

1.b Cutting Strips - Cut 4 strips for tying and piping from cloth:

Two pieces at 1.5"x 5" and Two pieces at 1.5"x 40"

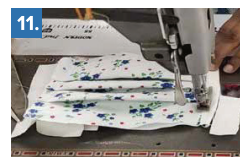
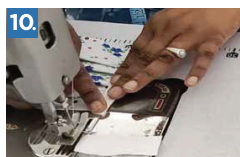
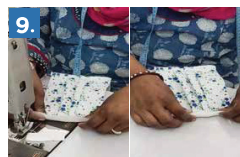


Process demonstrated below is for Adult Size Mask



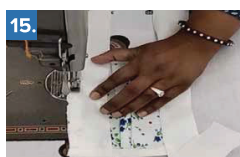
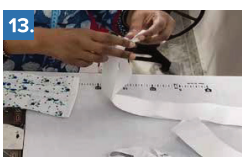
Take the cut fabric, attach the 1.5x5" strip to be used as piping to the fabric on one end as shown.

Create three downward facing pleats of approximately 1.5" each folding cloth as shown.



Turn the pleated cloth to the other side and repeat steps for pleating on this side as shown above. Once the pleats have been made, the height of the pleated cloth will be reduced from 9" to 5".

Secure the pleats with piping on both sides as shown above. Take extra care to keep all pleats facing downward as shown.



Now begin attaching the long 40" strips used for tying the mask to the top and bottom of mask as shown.

Once again fold both these strips three times and stitch as shown above.