How to make your own fabric face mask

- Wash your hands carefully before you start making your face mask.
- Pre-wash the fabric before making your face mask because fabrics can shrink in the wash.
- Your fabric face mask must cover your nose, mouth and chin.
- Use tightly woven and breathable fabrics such as cotton which can be washed at 60°C.
- Use 3 to 4 layers of fabric.
- Use two different colours so you can easily see which is the inside of your mask and which is the outside.
- Avoid vertical seams in the middle of your mask.
- Your face masks can be sewn with elastic bands or fabric ties.
- Store your face mask in a washable fabric bag.