

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 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

