

COVID-19—How to make your face covering



- You can easily make a face covering with materials found in your home. If possible, use a tightly woven fabric like cotton that lets air pass through as you breathe. Use at least two thicknesses of cloth and make sure that your face covering is both comfortable and fits well on your face. You should be able to launder and machine dry the face covering with no damage or warping. There are numerous types of cloth face coverings.

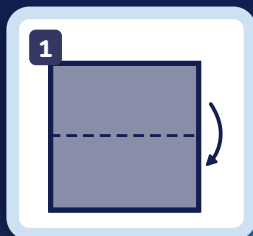
Here are two easy-to-make models.

No sew model

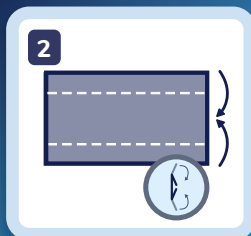
Materials

- Bandana or square of cotton cloth approximately 50 x 50 cm
- Rubber bands or hair ties
- Scissors, if needed

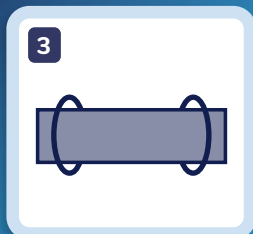
Steps



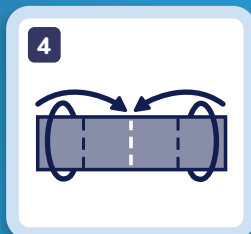
Fold the bandana in half.



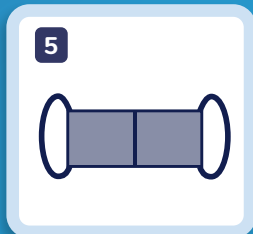
Fold the top downward and the bottom upward.



Place the rubber bands or hair ties about 15 cm apart.



Fold each end toward the middle and tuck.



Lift the face covering with the elastics, then lift it to your face and hang the elastics on your ears.



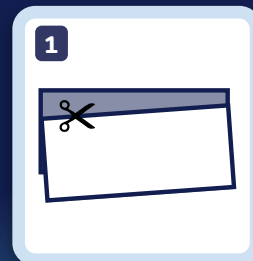
Adjust the face covering to your face.

Sewn model

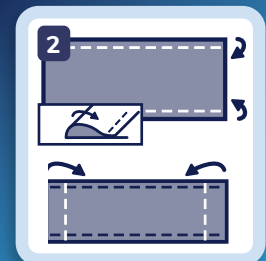
Materials

- Two 25 x 15 cm rectangles of cotton cloth
- Two 15 cm elastics or pieces of string
- Needle and bobby pin
- Thread
- Scissors

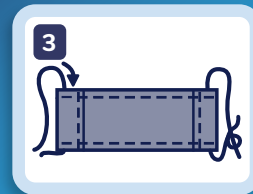
Steps



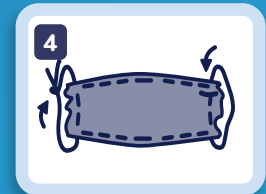
Cut two 25 x 15 cm rectangles of your cloth. Place one over the other and sew them together.



Fold a 0.5 cm width on the long side and sew a hem. Now, sew a 1 cm hem along each of the short sides.



Thread the 15 cm x 0.3 cm elastic through the hems on each side of the face covering. These will be the ear loops. Use a big needle or bobby pin for this and tie the ends of each loop tightly. If you don't have elastics, use string to make the ties longer and attach them behind your head.



Gently pull on the elastic so that the knots are tucked into the hems. Gather the sides onto the elastic or string and adjust the face covering to your face. Now stitch the elastic or string in place to keep it from slipping.

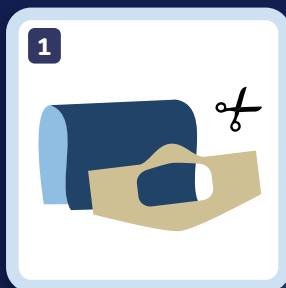
Window Model



Supplies

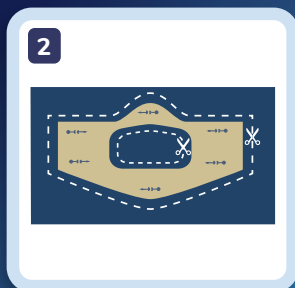
- Two 32 x 17 cm rectangles of plain cotton fabric in a neutral colour to facilitate concentrating on lip reading
- Four 50 cm ribbons or shoe laces
- Sewing needle
- Pins
- Thread
- Scissors
- Protective transparent flexible vinyl heat-resistant window
- Cut-out printable pattern (see below)

Étapes à suivre



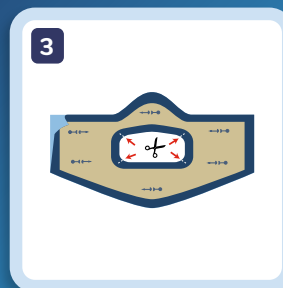
1

Print the cut-out pattern to the desired size. Cut out two 32 x 17 cm cotton rectangles and place one on top of the other.



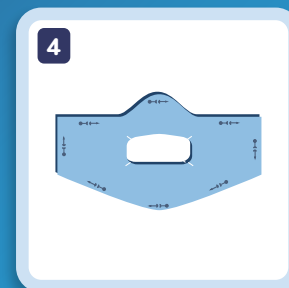
2

Pin the pattern to the cloth. Cut the cloth to the shape of the pattern, leaving a 1 cm edge for the sewn flaps. Then cut out the window shape in the middle, also leaving a 1 cm edge.



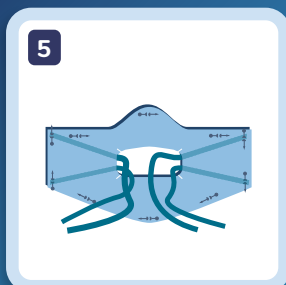
3

Using the scissors, make a dart at each corner of the window, starting from the edge of the cloth and ending at the edge of the pattern.



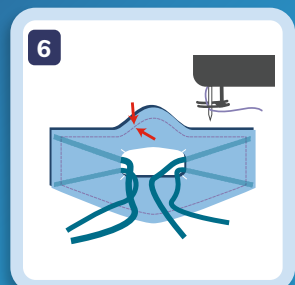
4

Remove the pattern and reposition the pins 1 cm from the edge of the face covering. Put the fabric face to face.



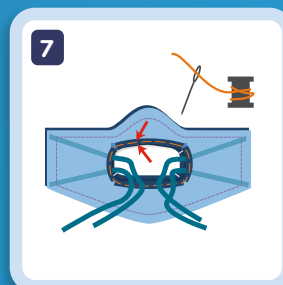
5

Place the four ribbons (or shoelaces) horizontally between the two layers of fabric, from the extremity of the face covering to the centre, threading the excess length through the opening of the window.



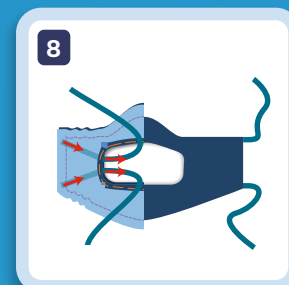
6

Sew the perimeter of the shape.



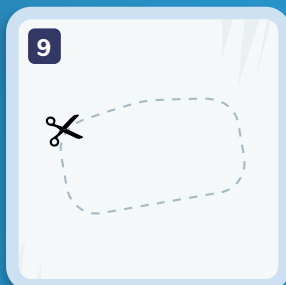
7

Fold the fabric at the centre of the window and sew the edges of the window, one thickness at a time, with a needle and thread.



8

Flip the face covering over by pulling on the ribbons or shoelaces.



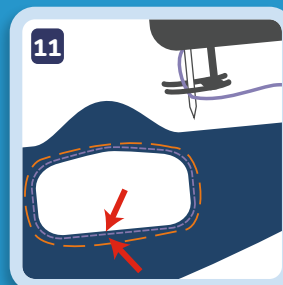
9

Cut out an 8.5 x 17 cm rectangle (7 x 14 cm for the child model) out of a piece of transparent vinyl.



10

Insert the vinyl rectangle in the opening of the face covering and pin it in place.



11

Machine-sew the edges of the central opening.



12

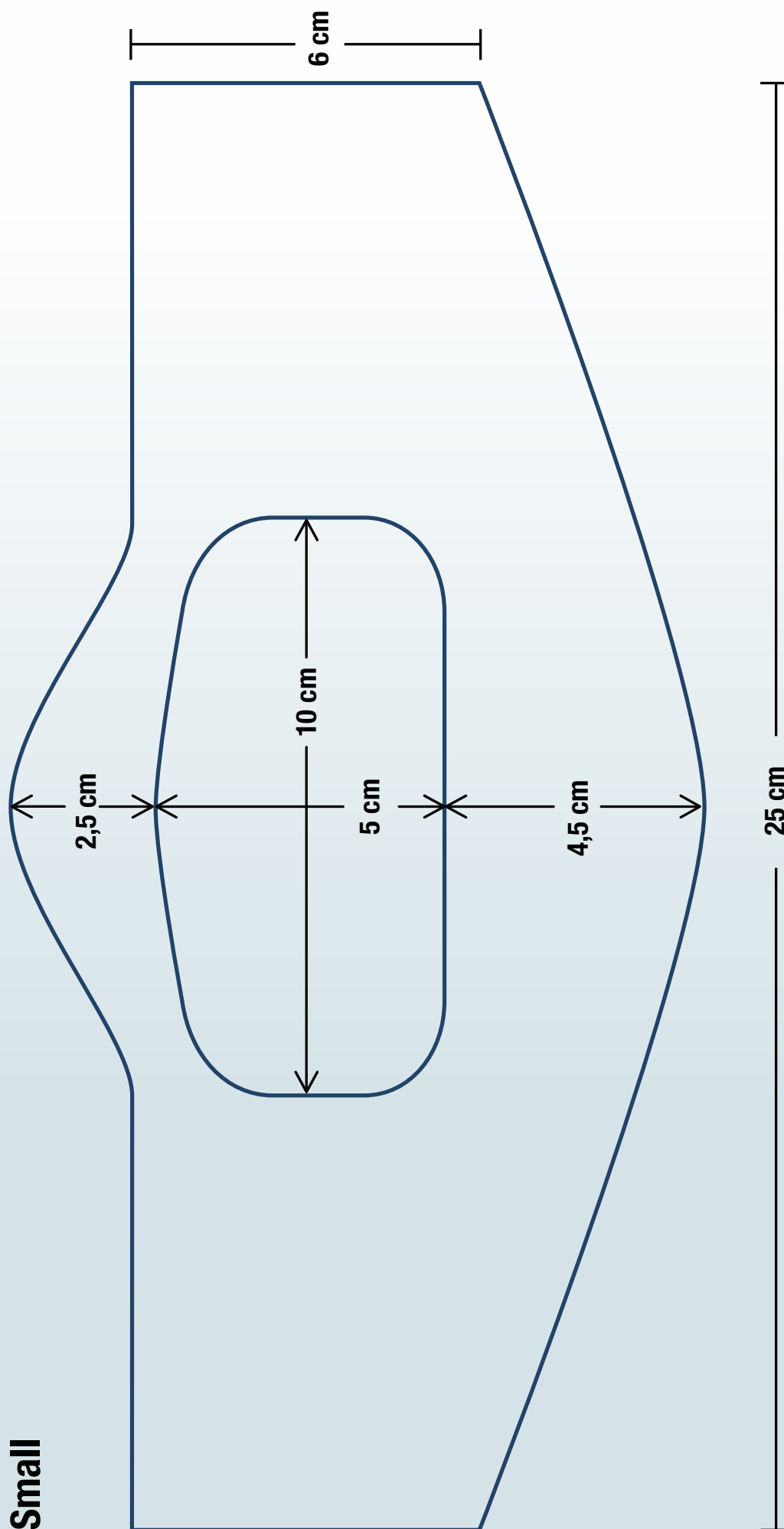
Position the face covering nose-height and attach the upper ribbons behind your head and above your ears. Now attach the lower ribbons behind your head at the base of the neck. Adjust the home-made face covering to your face.

Tip :

To avoid the vinyl fogging up, wipe on some liquid detergent or swimming goggle spray the inside of the vinyl window and let dry.

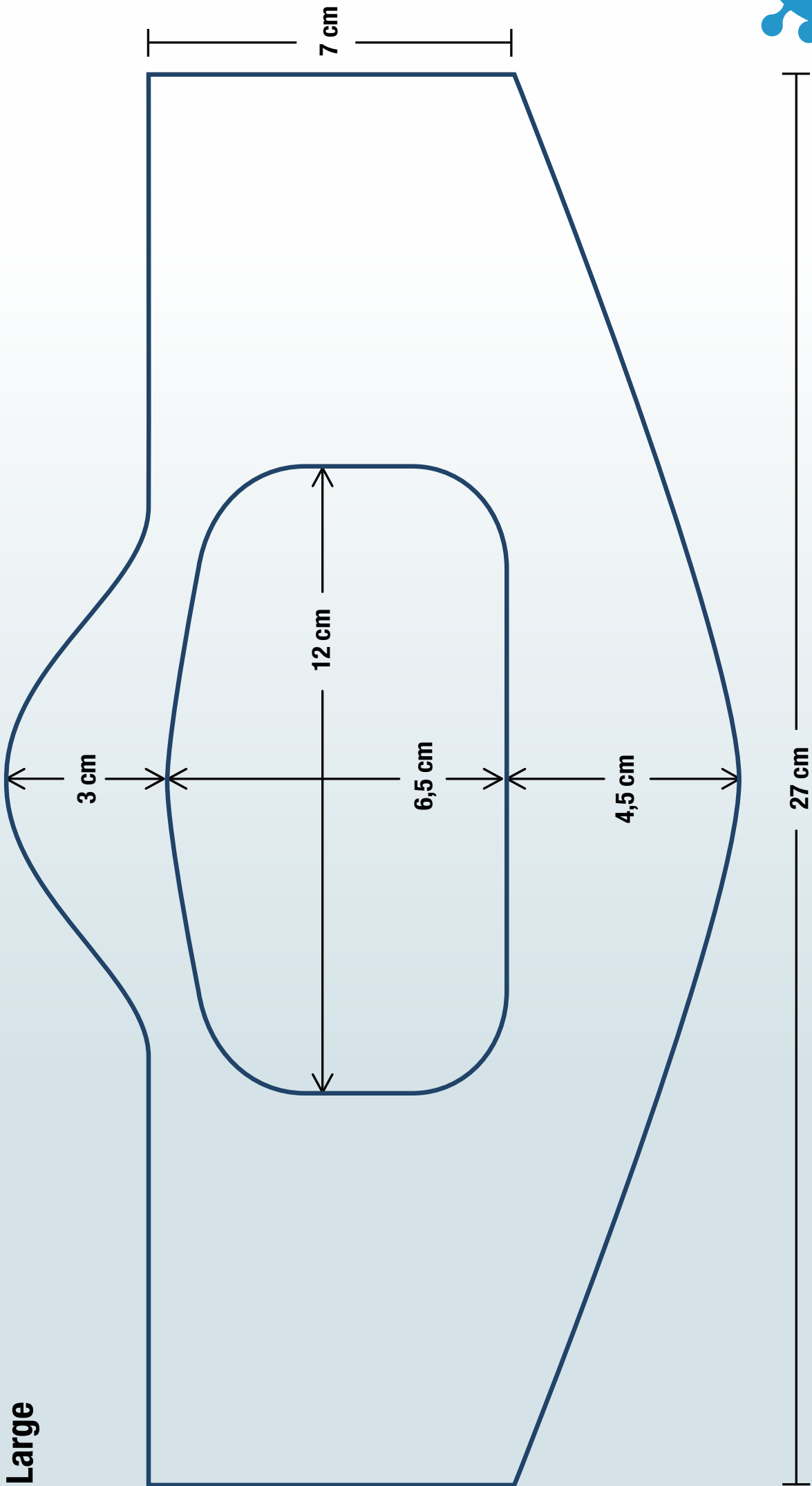
Printable patterns
for your window face covering (handcrafted mask)

Child model





Adult model



Large