Wearing a Face Covering (Handcrafted Mask) in Public Settings

Warning:
Children under the age of 2, people whose particular medical condition prevents them from wearing a mask or face covering and people who are unable to put it on or take it off by themselves due to a physical disability, should not wear them.

When?
Wearing a mask or face covering that covers the nose and mouth is mandatory on public transit and school transportation vehicles, in school during movements outside classrooms and in common areas (from grade 5 elementary) and in enclosed or partially enclosed public places for people age 10* and over. Go to Québec.ca/masque for details on locations where wearing a face covering is mandatory.

In all other public places which are not subject to the obligation to wear a mask or face covering but where physical distancing of 2 metres is not possible, wearing a face covering is strongly recommended.

Why?
Not everyone that has COVID-19 has symptoms. Some people do not even realize that they are infected. Wearing a face covering may reduce the risk of an infected person unknowingly transmitting COVID-19 to others. Wearing a face covering in public settings must be accompanied by other protective measures, which include proper hygienic practices and physical distancing. Your face covering must be properly used only by you, and regularly washed.

How to use your Face Covering (Handcrafted Mask)

1. Place the face covering over your nose and your mouth, securing it behind your ears with the elastic or sting loops.
2. Adjust the face covering to your nose.
3. Now adjust it under your chin.

Face Covering (Handcrafted Mask) does not replace the following

- Hand washing
- Physical distancing
- Isolation at home if you are sick
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**
1. Fold the bandana in half.
2. Fold the top downward and the bottom upward.
3. Place the rubber bands or hair ties about 15 cm apart.
4. Fold each end toward the middle and tuck.
5. Lift the face covering with the elastics, then lift it to your face and hang the elastics on your ears.
6. 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**
1. Cut two 25 x 15 cm rectangles of your cloth. Place one over the other and sew them together.
2. Fold a 0.5 cm width on the long side and sew a hem.
3. 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.
4. 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.

Inspired by the material developed by the Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. Use of Cloth Face Coverings to Help Slow the Spread of COVID-19 available for free at the following address: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html
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.

Source: Guide pour le modèle du masque transparent pour les personnes ayant un besoin de communication visuelle available at www.faitesvotremasquebuccal.be/
Printable patterns for your window face covering (handcrafted mask)

Child model

Small

Size:
- Height: 25 cm
- Width: 6 cm
- Width of the face opening: 10 cm
- Length of the sides: 5 cm
- Width of the sides: 4.5 cm
- Height of the side wings: 4.5 cm
- Height of the sides: 2.5 cm