

## Medical Face Mask Instruction

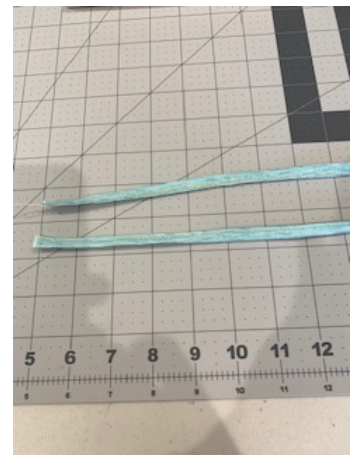
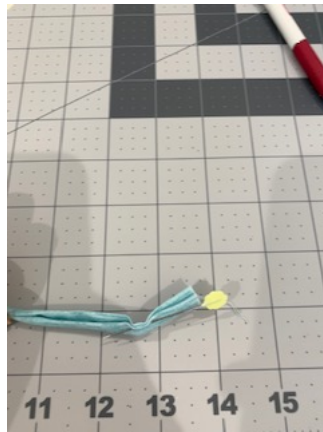
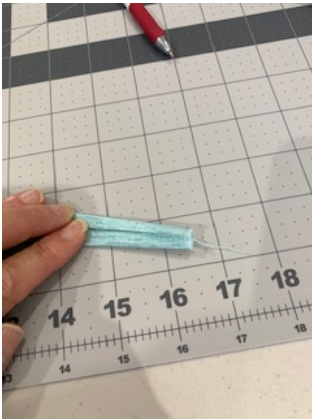
You will need:

- 2 pieces cotton fabric, 7 X 9 inches/17.5 X 23 cm. Quilting fabric is perfect, or you can use old sheets, duvet covers or pillow cases, as long as they are cotton.
- 4 strips fabric 1.25 inches/3 cm X at least 15 inches/38 cm. The width is one jelly roll cut in half.
- 1 piece thin wire 9 cm, or 1 small metal paper clip. Remove any plastic coating.
- Natural cotton thread.

**The reason for using all cotton is so that the mask can be sterilised in an autoclave and reused.**

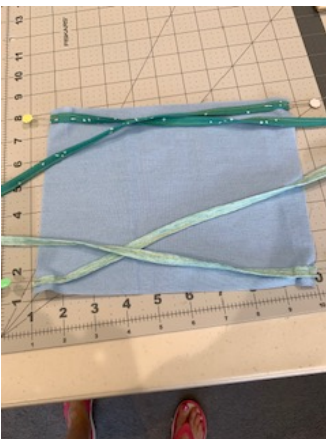
**Ties: Make 4**

Fold each strip of fabric in half lengthways, then fold the edges to the middle. Pin or clip, then top stitch edges together.



**Body:**

Place one square of fabric right side up. Pin tapes to square so that the long sides are towards the inside of the square. Place one tape on each corner on the short sides, matching edge of tape to edge of square, and half a cm in from the top of the square.



Place the other square on top, matching corners. Pin in place. Tuck the ties into the middle so that you don't sew over them.



Leaving a 1/4 inch/3 cm seam allowance, stitch in place, leaving a gap open on one short side for turning inside out. Reverse stitch over tapes a few times.

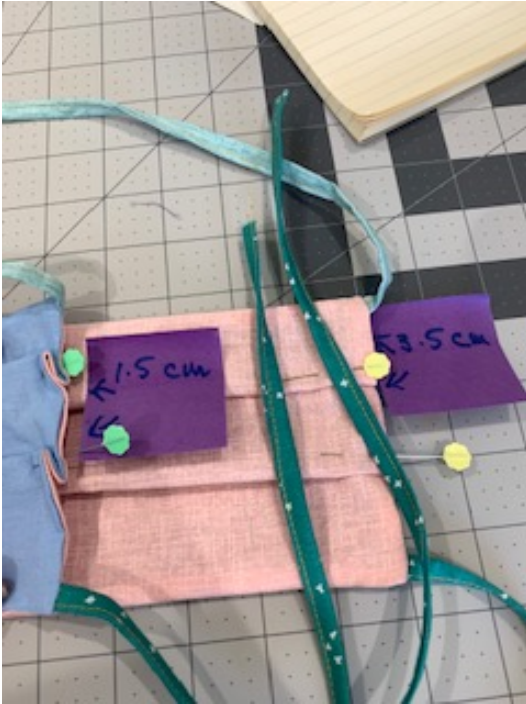
To insert wire: cut a piece of wire 9 cm long. If you're using a paperclip, straighten it out and strip plastic coating off. Centre the wire inside the seam allowance of one long edge. Zigzag over it to hold it in place.



Turn the mask right sides out through the gap in the side. Finger press seams and tuck the raw edges inside. Use the ties to pull the corners out.



Make pleats: Place fold of first pleat 3.5 cm from the top where the wire is. Make the pleat 1.5 cm deep. Place the next fold 3.5 cm down and also make this pleat 1,5 cm deep. Pin in place.



Top stitch all round, reversing over the pleats. Be sure not to sew over the wire on the top side. Tie knots at the ends of the pleats.

