

MAKE YOUR OWN MASK

Materials:

1 x pc. of plain 100% cotton fabric (internal face), 25x20cm

1 x pc. of 100% cotton fabric (ext. face), 25x20cm

2 x strips of cotton jersey fabric - approx. 50cm long

Instructions:

1. To make the i cord, cut a strip of jersey approx. 2cm wide x 50cm long. Grab each end and pull firmly.
2. Place the 2 large pieces of fabric back to back with the wrong sides together, and neaten (zigzag) all four sides, thus joining them together.
3. Fold top and bottom edges of 25cm sides down by approx. 1cm and hem.
4. Fold each 20cm side into the white internal side by approx 2cm and stitch close to the neatened seam, to create a channel each side for the cord.
5. Thread a cord through each side channel on the 20cm sides and pull to gather. Your mask is now finished.

Care Instructions:

100% cotton will enable the masks to be washed at 60° or higher. This is the recommended temperature for all hospital wear to sanitise items for reuse multiple times.

Jersey instead of elastic cord will give you extra comfort.

