

SEWING A FABRIC FACE MASK

How to do?

MATERIALS

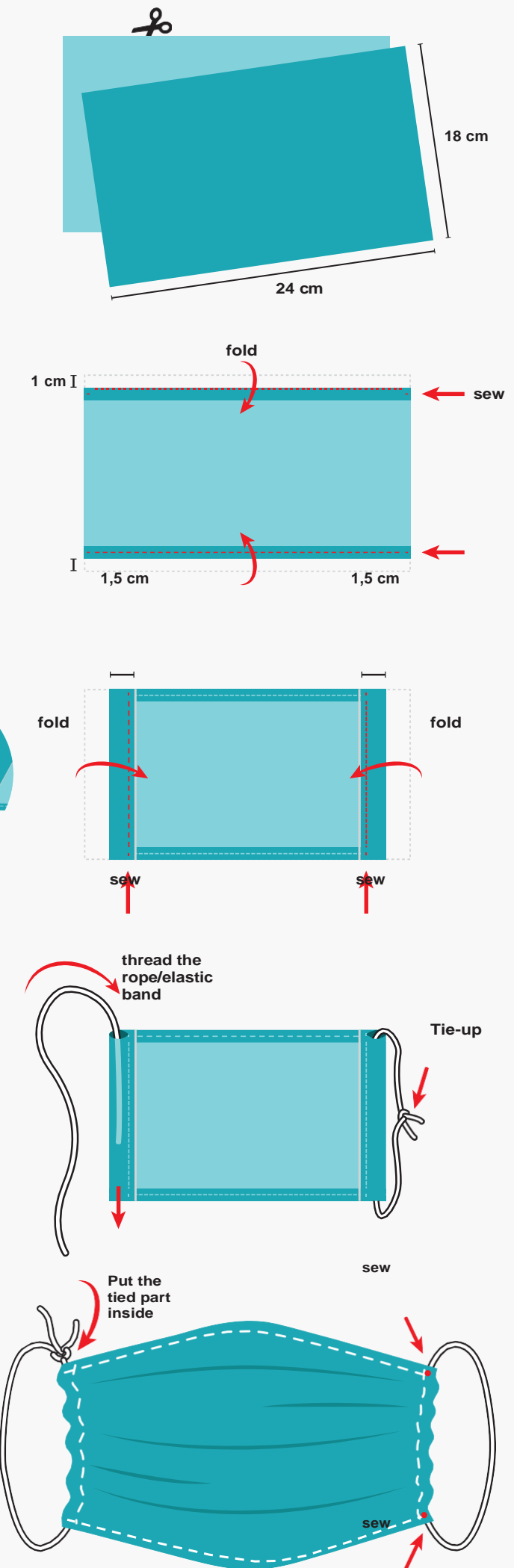
- 2 pieces of cotton fabric with dimensions of 24 cm x 18 cm
- If you will tie up the mask behind your head, 2 inelastic rope or fabric strip with a length of 70 cm and width of 1 cm.
- If you will place the mask behind your ear, a soft elastic band with a length of 25 cm and width of 2 mm
- A needle and a sewing thread
- A safety pin or hair grip
- Scissors



NOTE: The mask should be made to be fit to the face of the individual who will put it on. The mandible, mouth and nose should be covered by the mask, and there should be no space between the face and the mask.

PATTERN

- 1 Cut two pieces of 24 cm x 18 cm from a firmly woven cotton fabric.
- 2 Put 2 pieces that you cut on each other.
- 3 Fold long edges by 1 cm inside and sew.
- 4 Fold short edges by 1.5 cm, leave a small space for the rope or band, and sew from interior edge.
- 5 Thread the rope/fabric or elastic band from short edge of the mask through a safety pin or hair grip.
- 6 If you use an elastic band, tightly tie the ends of the band that you have threaded inside the sown part.
- 7 If you use a non-elastic rope/fabric, do not tie up the ends after threading inside the sown part.
- 8 After shrinking the short edges that you have threaded the rope or elastic band, sew the entrance-exit of the rope/elastic band to fix.
- 9 Adjust the band to cover the required parts of your face.



CAUTION

- Replace the moistened or contaminated mask; keep more masks with you for this purpose.
- Place clean and dirty masks in different nylon bags.
- Wash the fabric face masks that you have used with water and detergent.
- Do not reuse the fabric face mask before washing.
- **The fabric mask should not be used for the children under the age of 2 years, the individuals with respiratory distress, unconscious individuals and those who have obstacle to put the mask on and off.**



Ministry of Health of Turkey

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