How to make a cloth mask

Instructions for making a cloth face mask

You will need

Section	Quantity[1]	Material type	Example materials
Outer layer	1 piece (25 cm x 25 cm)	Water-resistant fabric (polyester / polypropylene)	• Clothing • Reusable 'green' shopping bags • Exercise clothing
Middle layer	1 piece (25 cm x 25 cm)	Fabric blends (cotton polyester blend / polypropylene)	A repeat layer of either: • Clothing • Reusable 'green' shopping bags
Inner layer	1 piece (25 cm x 25 cm)	Water-absorbing fabric (cotton)	• Clothing
Ear loops	2 pieces (20 cm each)	Elastic or string or cloth strips	• T-shirt • Shoelaces

Important:

Make sure that all materials are intact and have not worn too thin or have holes in them.

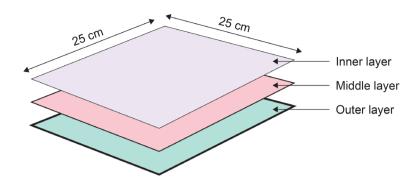Check the item's label or tag to confirm the type of material.

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[1] Material dimensions are the right size for an average adult.
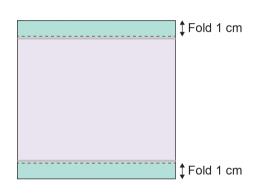
Steps

1. **Cut out the outer layer, middle layer and inner layer pieces (see above for dimensions and material to use).**
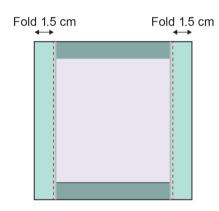
   Place the outer layer on the bottom, the middle layer in the middle, and the inner layer on top.

   25 cm · 25 cm

   Inner layer
   Middle layer
   Outer layer

2. **With the inner layer facing up, fold over 1 cm of the three pieces of material for the top and bottom edges and stitch at the borders (see red dotted lines).**
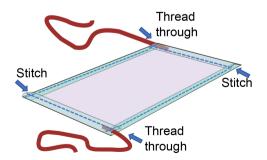
   Fold 1 cm

   Fold 1 cm

3. **With the inner layer facing up, fold over 1.5 cm of material for the side edges and stitch (see red dotted lines).**

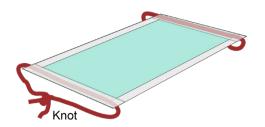   Fold 1.5 cm · Fold 1.5 cm

4. **Thread a 20 cm piece of elastic, string or cloth strip through the wider edge on each side.**

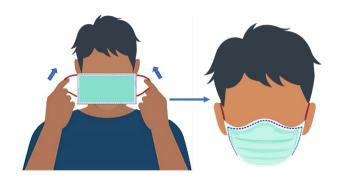   **Use a safety pin or large needle to thread it through.**

   Thread through
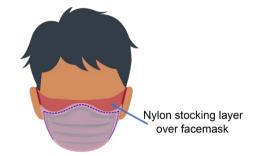   Stitch
   Stitch
   Thread through

5. **Knot the ends tightly or stitch them together.**

Knot

6. **Put on the mask with the <u>outer layer</u> facing away from your face.**

   Adjust the mask to make sure it fits tightly over your nose and mouth.

   While wearing and removing the mask, do not touch the outer layer.

   Wash your hands before putting your mask on and after taking it off.

7. **If you want to improve the fit of your mask you can add a nylon stocking over the mask and tie at the back of the head.**

Nylon stocking layer over facemask

To find out more information about coronavirus (COVID-19) and how to stay safe visit the Department of Health and Human Services (DHHS) website <https://www.dhhs.vic.gov.au/coronavirus>

If you need an interpreter, call TIS National on 131 450

For information in other languages, scan the QR code or visit
DHHS – Translated resources - coronavirus (COVID-19)
<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>

For any questions
Coronavirus hotline 1800 675 398 (24 hours)
Please keep Triple Zero (000) for emergencies only

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