Businesses for Health Papua New Guinea

How to make your own washable & reusable facemask

Essential Facemask reading from:

Scientists https://www.abc.net.au/news/2020-07-06/aerosol-transmission-of-covid-19/12425852

Centres for Disease Control https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html

World Health Organisation. https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks

Facemasks protect the health of other people by reducing the number of airborne germs propelled into the air when a person coughs or sneezes. If you have a cough or symptoms of a cold or flu, please use a face mask. Wear a face mask when there is community transmission of airborne and droplet spread infections.

Your mouth, nose and eyes are points of entry for germs. A re-usable washable designer facemask can help you to keep your hands off your face and out of your mouth and nose!

Our models sport a face mask made from 6 pieces and 3 layers. The inside and outside are made from two pieces each with a horizontal seam inside and out.

The inside layer can be cotton, soft and absorbent, the outside layer can be polyester – which is more water repellent and can be more fashionable. The middle layer is the tightest weave fabric you can breathe through and acts as another layer to filter airborne germs.
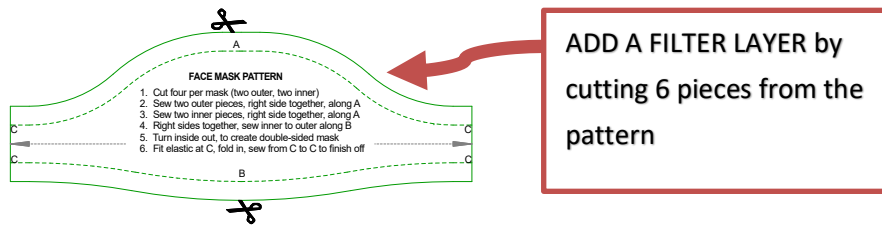
There are two main seams

1. A plain stich to joining the curved edges x 3
2. The straighter seam joining the inside layers to the outer layer.

MATERIALS

- Any woven washable fabric – very loose weave will let more air & dust through too easily. Think school uniform cotton (poly cotton is good for the outer layer)
- 3 pieces of materials each about 30x30cm
- Elastic to go around your ears
- Needle and thread or sewing machine
- Scissors
- Pattern

FACE MASK PATTERN

A

1. Cut four per mask (two outer, two inner)
2. Sew two outer pieces, right side together, along A
3. Sew two inner pieces, right side together, along A
4. Right sides together, sew inner to outer along B
5. Turn inside out, to create double-sided mask
6. Fit elastic at C, fold in, sew from C to C to finish off

C   C
C   C

B
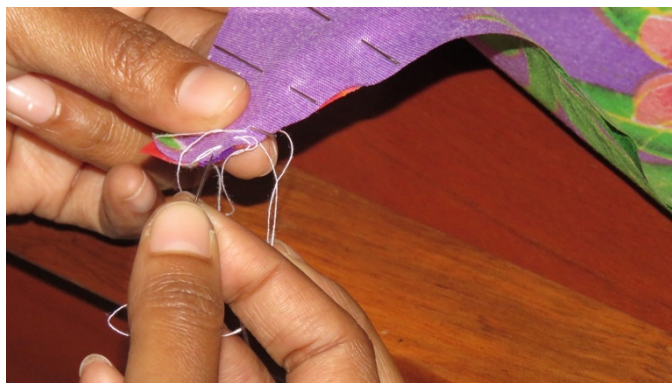
ADD A FILTER LAYER by cutting 6 pieces from the pattern

1.

2. Assemble materials: fabric, thread needle, elastic, scissors

3. Using the pattern cut out 4 pieces of identical shapes. 2 will form the inside and 2 for outside. Be creative-mix up your colours

4. Pin the right sides together – two inside and two outer

5. Stitch along the curved side only, don't stitch along the ends.

6. Turn one of the pieces that is stitched together, inside out, and put inside the other. Right sides together

7. Now that you have the pieces together, pin along the top and bottom straighter edges (top and bottom of the mask).

8. Using a straight stitch, sew both sides together. Stitch along the straight ends only, top and bottom, not the ends.

9. From one of the open ends, pull it inside out and then fit your mask to size.
10. Pin the end of the elastic to the top corner of the mask. Wrap around the ear and pin it to the bottom corner of the

11. mask, then cut your elastic to size. Don't be stingy you don't want your mask tight-don't be too generous, a loose mask lets your spit, sneeze or cough out

12. Cut the same size for the other ear
13. With the ends neatly folded in, slide the elastic in to line up with the bottom corner- pin the elastic in.
14. Close off the ends with a straight stitch. Reinforce the stitches over the elastic.
15. You now have a reversible, washable and beautiful facemask which you can use to show that you care by covering your cough and preventing the spread of germs of any kind.

"Every time you cough, you send germs into the air
You can stop them spreading, you can show you care
Cover your cough, cover your cough".
Download our song!
www.businesses4health.com

inside layer fabric cotton / more absorbent

filter layer fabric tight weave

outer layer can be polyester or decorative fabric

warp

upper curve A

can sew metal/aluminium strip into bridge of filter piece

Cut

Seam

FACE MASK Pattern & Instructions
1. Cut 6 pieces per mask (two outer, two filter, two inner)
2. Sew each pair of pieces, right side together along A
3. PIN inner & filter layers, together, along A (double layer)
4. Sew inner/filter layer outer layer (inside out) along B
6. From the open ends turn mask inside out, to (filter layer is now inside)
7. Measure elastic into top and bottom corners
8 Fold in narrow sides & sew down ends to finish neatly

elastic here.

elastic entry point

elastic here.

elastic entry point

upper curve B

warp

Cut

Seam

SMALL