



Businesses for Health Papua New Guinea

How to make your own washable and reusable facemask

Please read WHO's guide on facemasks:

[https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks)

[use-masks](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.

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!

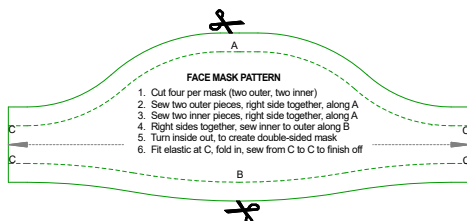


Our models sport a face mask made from 4 pieces. The inside and outside are made from two pieces each with a horizontal seam inside and out. The two main seams that required a straight stitch are the curved horizontal seam joining the pieces, and the straighter seam joining the inside mask to the outer (of course this is reversible).

MATERIALS

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

STEPS Download the pattern: <https://businesses4health.com/resources-world-tb-day>



1.

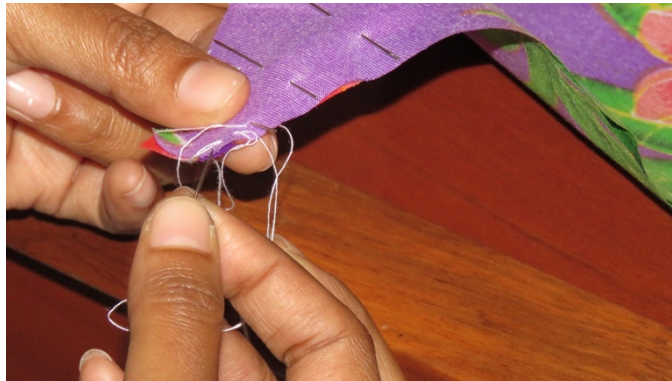
2. Assemble materials: fabric, thread needle, elastic, scissors



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.

“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!

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