

# Wearing a Face Covering (Handcrafted Mask) in Public Settings



## Warning:

Children under the age of two years, people with respiratory difficulties or who are handicapped or need help to remove their face coverings should not wear them.

## When?

When physical distancing in public settings is not possible, such as when you are shopping or taking public transportation. **If you are sick, stay home.** If you need to go to a medical clinic or hospital, you may wear your face covering until you are given a procedure mask.

## Why?

Not everyone that has COVID-19 has symptoms. Some people do not even realize that they are infected. Wearing a face covering may reduce the risk of an infected person unknowingly transmitting COVID-19 to others. Wearing a face covering in public settings must be accompanied by other protective measures, which include proper hygienic practices and physical distancing. Your face covering must be properly used only by you, and regularly washed.

## How to use your Face Covering (Handcrafted Mask)



1 With one hand, place the face covering over your nose and mouth. Use your other hand to attach it behind your ears with the elastic or string loops.



Wash your hands **BEFORE** and **AFTER** use of the covering.



2 Adjust the face covering to your nose.



Change your face covering if it becomes moist, soiled or damaged



3 Now adjust it under your chin



Do not leave the face covering hanging from your neck or an ear. Keep it on your face and avoid touching it. If you do touch your covering while wearing it, wash your hands thoroughly as soon as possible.



Remove your face covering by the elastic or string loops without touching the front.

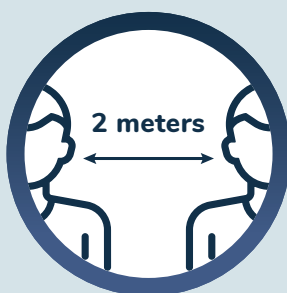


Fold the outer parts of the face covering together and place it in a clean bag. You may wash the covering as soon as you get home, along with the rest of the laundry.

## Face Covering (Handcrafted Mask) does not replace the following



Hand washing



Physical distancing



Isolation at home if you are sick

# COVID-19—How to make your Face Covering (Handcrafted Mask)



You can easily make a face covering with materials found in your home. If possible, use a tightly woven fabric like cotton that lets air pass through as you breathe. Use at least two thicknesses of cloth and make sure that your face covering is both comfortable and fits well on your face. You should be able to launder and machine dry the face covering with no damage or warping. There are numerous types of cloth face coverings.

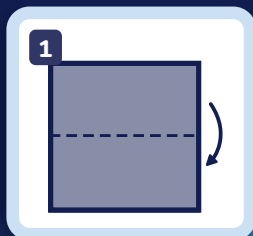
Here are two easy-to-make models.

## No sew model

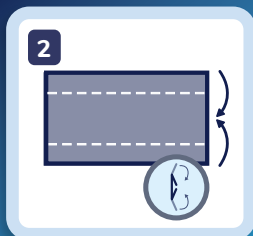
### Materials

- Bandana or square of cotton cloth approximately 50 x 50 cm
- Rubber bands or hair ties
- Scissors, if needed

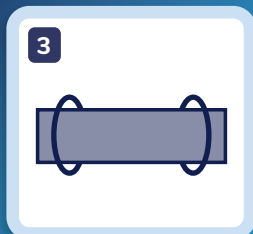
### Steps



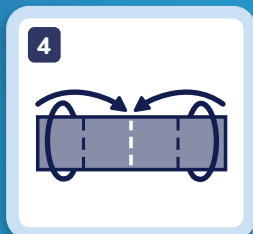
Fold the bandana in half.



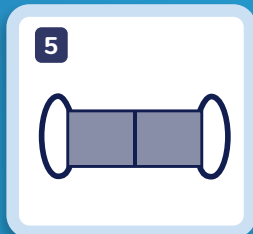
Fold the top downward and the bottom upward.



Place the rubber bands or hair ties about 15 cm apart.



Fold each end toward the middle and tuck.



Lift the face covering with the elastics, then lift it to your face and hang the elastics on your ears.



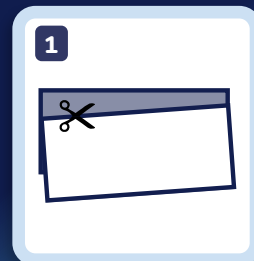
Adjust the face covering to your face.

## Sewn model

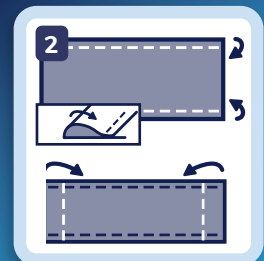
### Materials

- Two 25 x 15 cm rectangles of cotton cloth
- Two 15 cm elastics or pieces of string
- Needle and bobby pin
- Thread
- Scissors

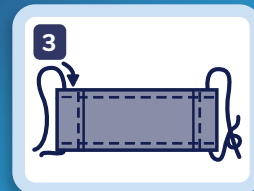
### Steps



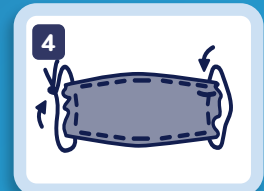
Cut two 25 x 15 cm rectangles of your cloth. Place one over the other and sew them together.



Fold a 0.5 cm width on the long side and sew a hem. Now, sew a 1 cm hem along each of the short sides.



Thread the 15 cm x 0.3 cm elastic through the hems on each side of the face covering. These will be the ear loops. Use a big needle or bobby pin for this and tie the ends of each loop tightly. If you don't have elastics, use string to make the ties longer and attach them behind your head.



Gently pull on the elastic so that the knots are tucked into the hems. Gather the sides onto the elastic or string and adjust the face covering to your face. Now stitch the elastic or string in place to keep it from slipping.

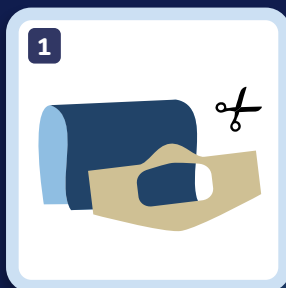
## Window Model



### Supplies

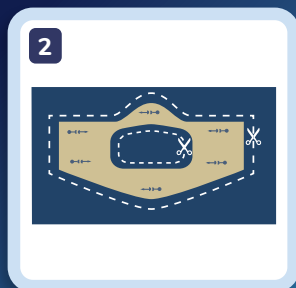
- Two 32 x 17 cm rectangles of plain cotton fabric in a neutral colour to facilitate concentrating on lip reading
- Four 50 cm ribbons or shoe laces
- Sewing needle
- Pins
- Thread
- Scissors
- Protective transparent flexible vinyl heat-resistant window
- Cut-out printable pattern (see below)

### Étapes à suivre



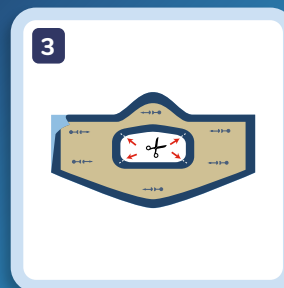
1

Print the cut-out pattern to the desired size. Cut out two 32 x 17 cm cotton rectangles and place one on top of the other.



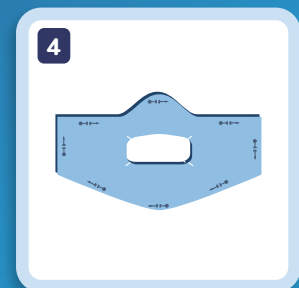
2

Pin the pattern to the cloth. Cut the cloth to the shape of the pattern, leaving a 1 cm edge for the sewn flaps. Then cut out the window shape in the middle, also leaving a 1 cm edge.



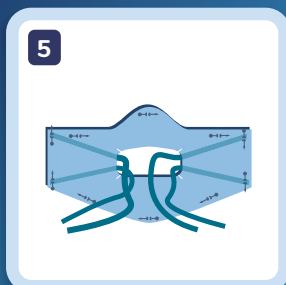
3

Using the scissors, make a dart at each corner of the window, starting from the edge of the cloth and ending at the edge of the pattern.



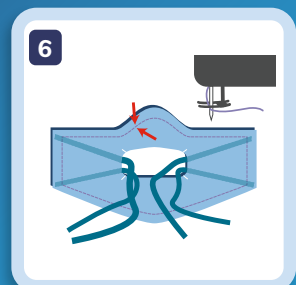
4

Remove the pattern and reposition the pins 1 cm from the edge of the face covering. Put the fabric face to face.



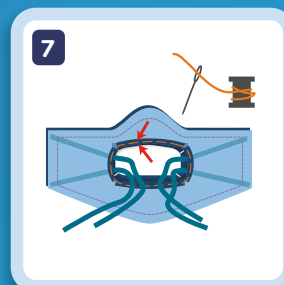
5

Place the four ribbons (or shoelaces) horizontally between the two layers of fabric, from the extremity of the face covering to the centre, threading the excess length through the opening of the window.



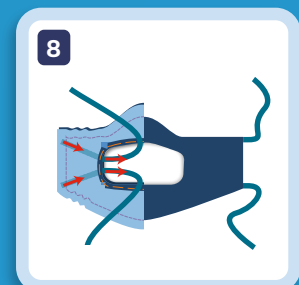
6

Sew the perimeter of the shape.



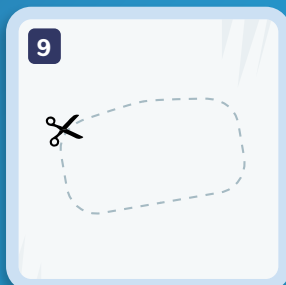
7

Fold the fabric at the centre of the window and sew the edges of the window, one thickness at a time, with a needle and thread.



8

Flip the face covering over by pulling on the ribbons or shoelaces.



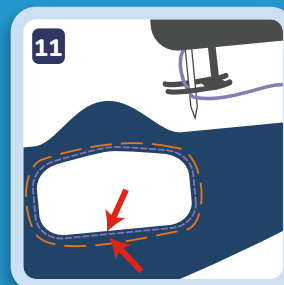
9

Cut out an 8.5 x 17 cm rectangle (7 x 14 cm for the child model) out of a piece of transparent vinyl.



10

Insert the vinyl rectangle in the opening of the face covering and pin it in place.



11

Machine-sew the edges of the central opening.



12

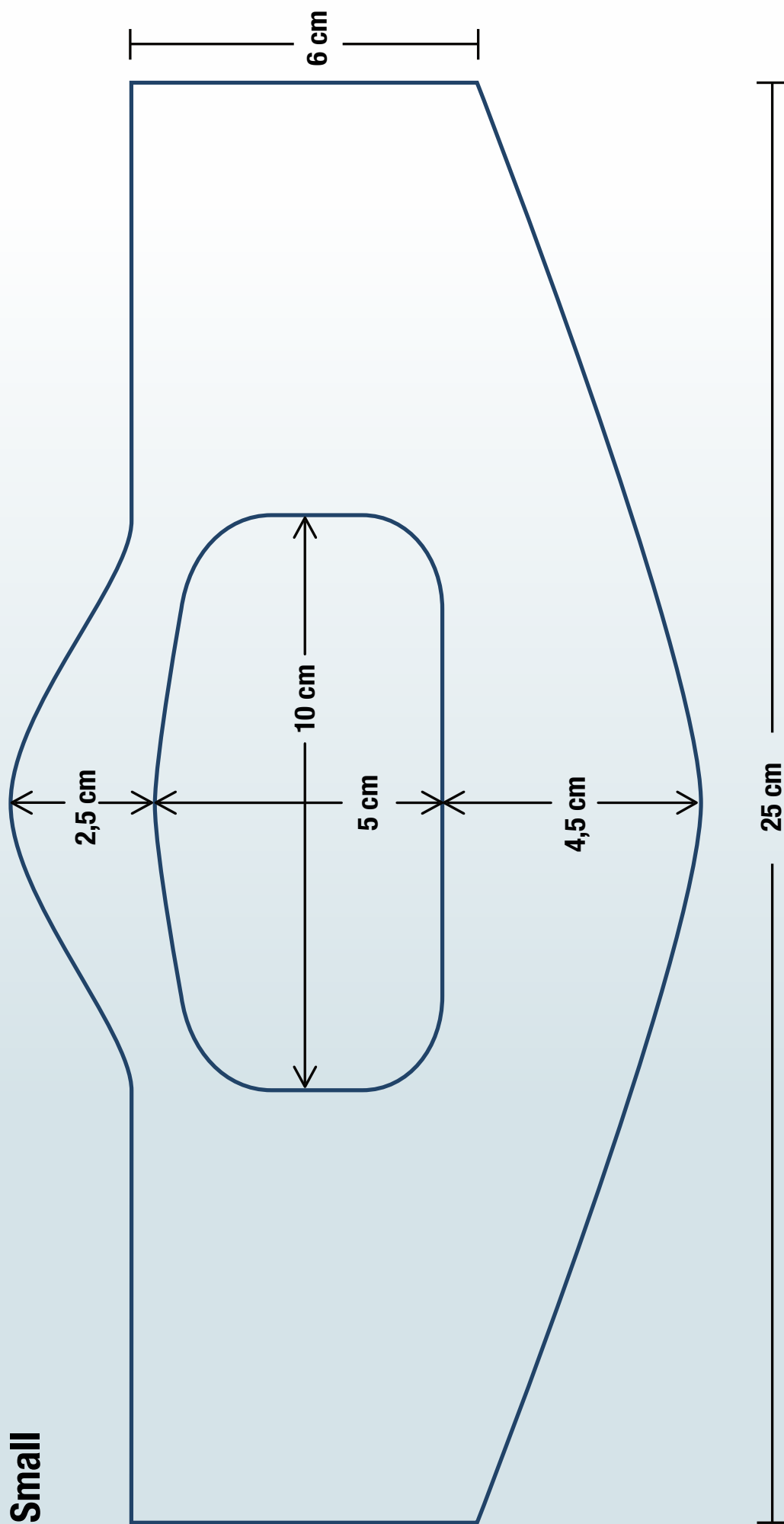
Position the face covering nose-height and attach the upper ribbons behind your head and above your ears. Now attach the lower ribbons behind your head at the base of the neck. Adjust the home-made face covering to your face.

### Tip :

To avoid the vinyl fogging up, wipe on some liquid detergent or swimming goggle spray the inside of the vinyl window and let dry.

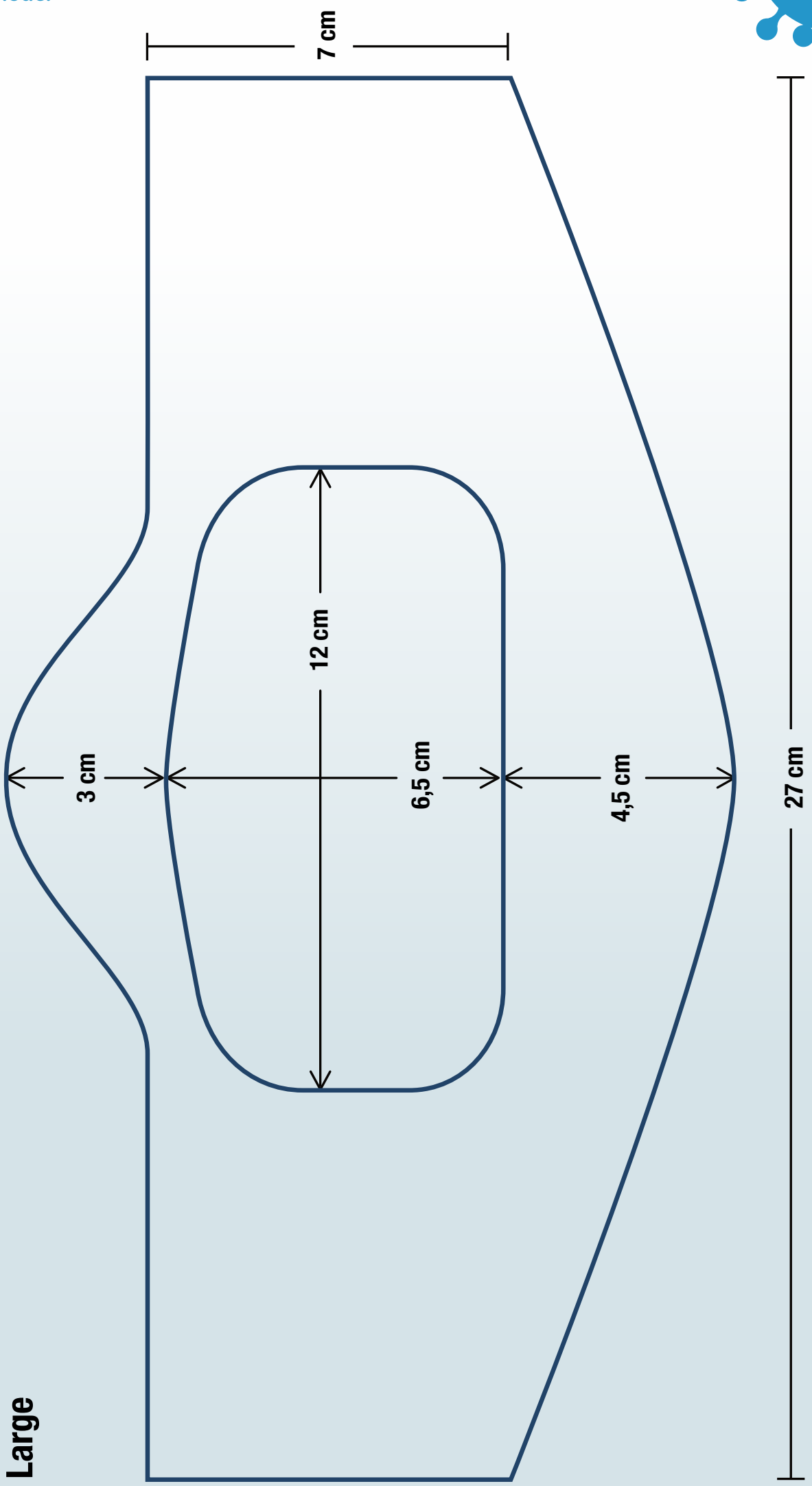
Printable patterns  
for your window face covering (handcrafted mask)

Child model





Adult model



Large