

## 2 x 14-16cm

## cut x 2

## **INSTRUCTIONS**

- 1. Cut the pattern pieces twice. Use woven cotton fabric, washable over 60 degrees.
- 2. Stitch the side pleats on both sides. Secure them in both pieces.
- 3. Stitch the 2 pleats on the upper part to secure the mask over the nose.
- 4. Stitch the 2 strings in place on the right side. You can use bias tape, ribbon, elastic band etc.
- 5. Sew the fabric pieces together right sides facing, with the strings between the layers. Leave 6cm open at the bottom, to help you turn it over.
- 6. Trim the seam allowance and iron it.
- 7. Turn the mask over and iron it.
- 8. Lay and fix the folds.
- 9. Topstitch the mask with edge neating, closing the opening as you go.

## **ATTENTION**

This type of face mask is not comparable to a medical mask! It provides NO active protection against viruses and must therefore be used very carefully. However, it does help avoid touching mouth and nose unconsciously, therefore reducing the spread of viruses and bacteria to and from the face.



