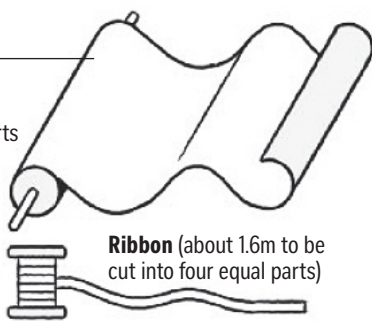


# How to make your own mask

- 1 You will need scissors, sewing supplies and a breathable, tightly woven cotton fabric.

## Fabric

Towels are preferred over T-shirts or linens

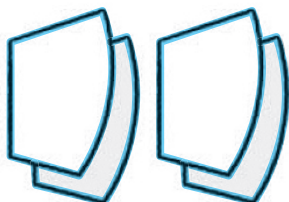
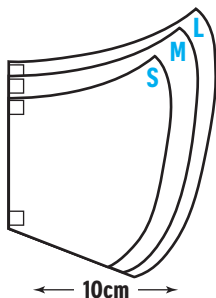


**Ribbon** (about 1.6m to be cut into four equal parts)

## Sewing equipment

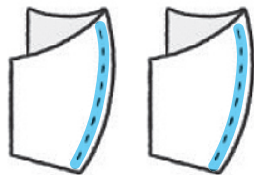


- 2
- Prepare a template. Allow room around the edges for seams.
  - Cut four pieces of fabric.



Front side

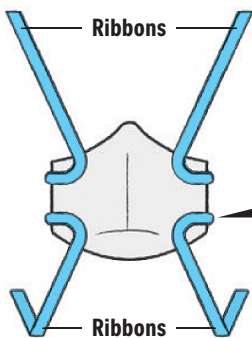
Back side



- Take two pieces and sew the curved side together, creating the front of the mask. Then do it again for the other two pieces of fabric, creating the back side of the mask.

- 3
- Now you will sew the ribbons. Place one side of the mask on the table, seam side down.

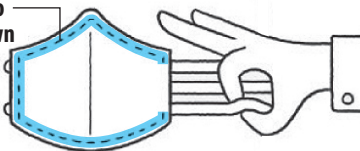
- Place a ribbon on each corner with the ends slightly peeking over the edges. Sew the ribbons in place.



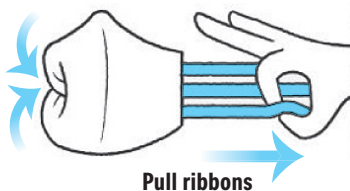
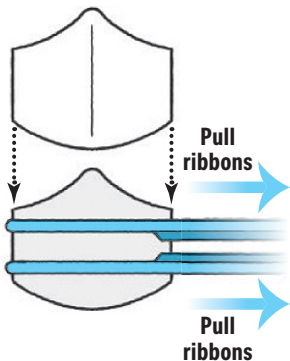
- 4
- Pull all ribbons across the right side.
  - Place the other mask on top, seam side up, sandwiching the ribbons.

- Sew the two masks together, leaving the area on the right side of the mask unsewn.

Part to be sewn



- Then turn the mask inside out by pulling the ribbons through the unsewn hole.



- 5
- Now that the mask is reversed, sew the remaining gap closed.

