# How to make a mask in 5 minutes

**NB! A face mask made at home reduces the spread of the virus only if you take other precautions at the same time – stay at home when ill, keep your distance with other people, follow hygiene requirements.**

**YOU WILL NEED:**
- material (e.g. cleaning cloths, microfibre cloths, bath towel, antimicrobial pillowcase or other material you have at home)
- scissors
- elastic cord
- pins
- sewing machine

**1** Cut three pieces 19x20 cm in size from the fabric.
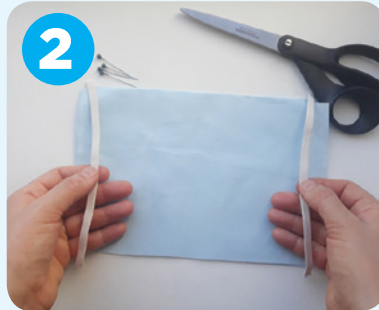
**2** Cut two 16 cm lengths of elastic cord.

**3** Pin the cords to the edges of the fabric so that they are fastened between the top layers of the fabric.

**4** Place the remaining two pieces of fabric on top of the lower piece and elastic cords. Sew the sides (leave a 1 cm seam allowance), leave an opening on the side.
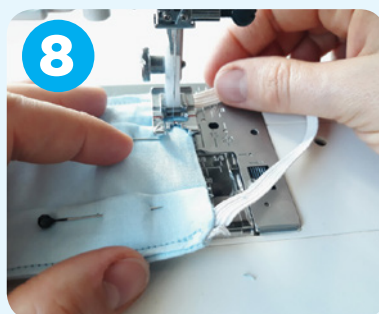
**5** Turn the mask the right way using the opening. Iron the fabric until smooth, if necessary.

**6** Make a fold in the top part of the mask (the depth of the mask is 2 cm) and fasten with pins.

**7** Make a similar fold in the bottom part of the mask.

**8** Sew the edges of the mask again with the sewing machine. Iron the mask to press the folds in place.

**9** Open the folds slightly when putting the mask on.

## HOW TO WEAR THE MASK YOU MADE

- Wash your hands before putting on a clean mask.
- The mask must cover your mouth and nose when put on properly.
- You must be able to breathe comfortably through the mask.
- The mask may not be damp. You must change a damp mask every two to three hours, depending on the material. You will need four to five masks a day on average in the case of constant use.
- You must change the mask if you've put it on your chin even once, repeatedly adjusted it with your hand, touched it or it has become damp.
- After use, you must place your masks in a sealed plastic bag, straight in the washing machine or throw them in the bin. You must never leave a used mask lying around.
- If a mask is used repeatedly, you must wash it in the washing machine at 60 degrees or higher and iron it afterwards, or put it in an oven at 60 degrees.

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