![UnitingCare logo]

COVID-19
Wearing and making a cloth mask

We strongly recommend that when you leave your home you should wear a mask; either a single use mask or, a cloth mask. This includes when travelling on public transport. When driving with someone from your household, or if you are driving for work purposes on your own, you don't need to wear a mask.

Using a cloth mask

- A cloth mask should fit securely around the face, specifically covering the nose and the mouth areas.
- The mask should fit snugly on your face and be secured by ties at the back of your head or ear loops.
- If you are using a mask with ear loops, you can use a plastic clip or tie to join the ends together at the back of your head to make sure it fits snugly on your face.
- Make sure that your mask does not have holes or any unfiltered one-way valves. This can result in breathing out the virus if you have coronavirus (COVID-19).

Before putting on your mask and after taking it off

Wash your hands for at least 20 seconds with soap and water or use alcohol-based hand sanitiser containing at least 60% alcohol.

Avoid touching your eyes, nose, or mouth at all times and store used cloth face masks in a plastic bag until you have an opportunity to wash them.

Don't touch the mask once in position and never wear a mask around your neck - you may be contaminating yourself.

Washing a cloth mask

- Cloth masks can be washed in the washing machine with other clothes, or hand-washed using soap and the warmest appropriate water setting for the cloth.
- Your cloth mask should be dry before re-using it. You can use the heat setting on your dryer or lay out flat to air dry.
- If possible, place the cloth mask in direct sunlight.
- Wash your hands after handling used face masks.

You will need

Section	Quantity[1]	Material type	Example materials
Outer layer	1 piece (25 cm x 25 cm)	Water-resistant fabric (polyester / polypropylene)	• Clothing • Reusable 'green' shopping bags • Exercise clothing
Middle layer	1 piece (25 cm x 25 cm)	Fabric blends (cotton polyester blend / polypropylene)	A repeat layer of either: • Clothing • Reusable 'green' shopping bags
Inner layer	1 piece (25 cm x 25 cm)	Water-absorbing fabric (cotton)	• Clothing
Ear loops	2 pieces (20 cm each)	Elastic or string or cloth strips	• T-shirt • Shoelaces

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[1] Material dimensions are the right size for an average adult.

Steps

1. **Cut out the outer layer, middle layer and inner layer pieces (see above for dimensions and material to use).**

   Place the outer layer on the bottom, the middle layer in the middle, and the inner layer on top.

   25 cm   25 cm

   Inner layer
   Middle layer
   Outer layer
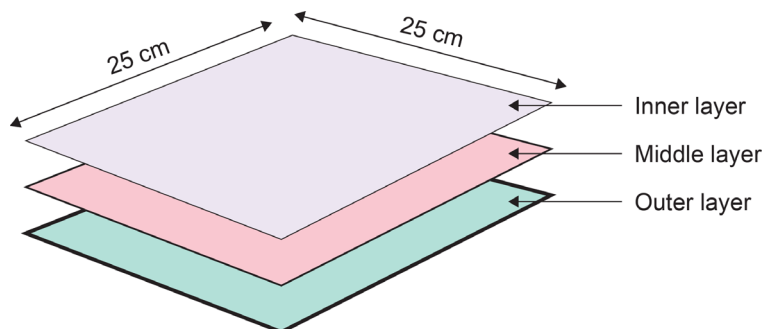
2. **With the inner layer facing up, fold over 1 cm of the three pieces of material for the top and bottom edges and stitch at the borders (see red dotted lines).**
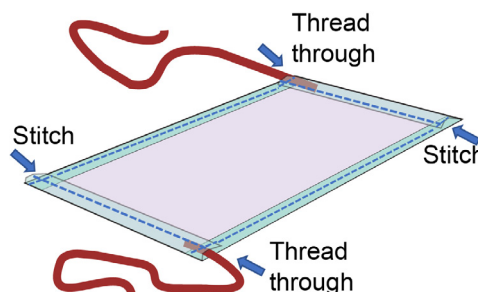
   Fold 1 cm

   Fold 1 cm
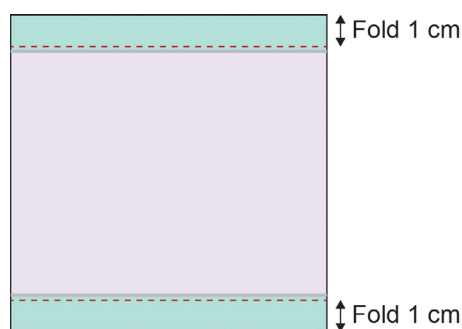
3. **With the inner layer facing up, fold over 1.5 cm of material for the side edges and stitch (see red dotted lines).**

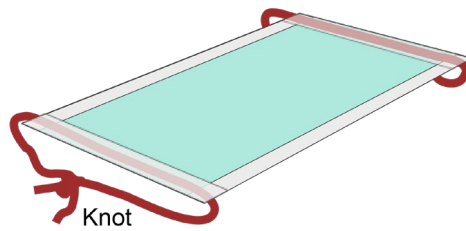   Fold 1.5 cm   Fold 1.5 cm
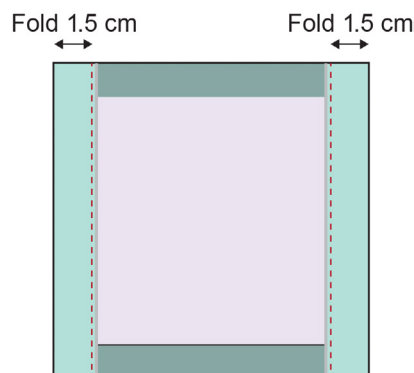
4. **Thread a 20 cm piece of elastic, string or cloth strip through the wider edge on each side.**

   Use a safety pin or large needle to thread it through.

   Thread through

   Stitch

   Stitch

   Thread through

5. **Knot the ends tightly or stitch them together.**
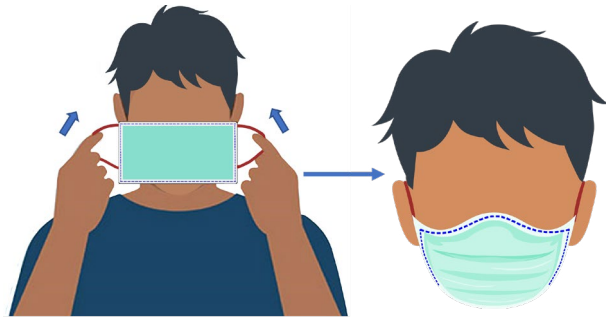
Knot

6. **Put on the mask with the <u>outer layer</u> facing away from your face.**

    Adjust the mask to make sure it fits tightly over your nose and mouth.

    While wearing and removing the mask, do not touch the outer layer.

    Wash your hands before putting your mask on and after taking it off.

7. **If you want to improve the fit of your mask you can add a nylon stocking over the mask and tie at the back of the head.**

Nylon stocking layer over facemask