

How to Wear and Make a Cloth Face Covering

- A cloth face covering should cover your mouth and nose while allowing you to breathe comfortably. It can be as simple as a scarf or bandana that ties behind the head.
- Wash your hands or use hand sanitiser before putting it on and **after** taking it off and avoid touching your eyes, nose, or mouth at all times.
- Do not touch the front of the face covering, or the part of the face covering that has been in contact with your mouth and nose.
- Once removed, make sure you clean any surfaces the face covering has touched.
- You should wash a face covering regularly. It can go in with other laundry, using your normal detergent.

Commented [HJ1]: Surely this should be after you have taken it off carefully and put it for washing or hygienic safekeeping otherwise you are potentially contaminating your hands from the face covering

~~Image 1~~[Image 1](#)

A guide to making your own face covering

A: Using a T-shirt

You will need

- An old T-shirt that you do not want anymore (ideally size small or extra small)
- Scissors

Step 1: Cut a straight line across the width of the T-shirt (front and back) approximately 20cm from the bottom of the T-shirt.

| [Image 2](#)

Step 2: From a point 2cm below the top right-hand corner of the fabric, make a 15cm horizontal cut through both sides of the fabric that is parallel to the top of the rectangle.

Step 3: Cut down towards the bottom of the fabric until you reach approximately 2cm above the bottom edge. From here, make another 15cm cut that runs parallel to the bottom of the fabric to make a rectangle that can be discarded.

| [Image 3](#)

Step 4: To make the ties, cut open the edge of the two long strips of fabric. Unfold the main piece of fabric and place over the mouth and the nose. The four strips act as ties to hold the cloth face covering in place and should be tied behind the head and around the neck.

| [Image 4](#)

B: A sewn cloth face covering

You will need:

- Two 25cm x 25cm squares of cotton fabric
- Two 20cm pieces of elastic (or string or cloth strips)
- Needle and thread
- Scissors

[Image 5](#)

Step 1: Cut out two 25cm x 25cm squares of cotton fabric. Stack the two squares on top of each other.

Step 2: Fold over one side by 3/4 cm and hem, then repeat on the opposite side. Make two channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.

[Image 6](#)

Step 3. Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly.

[Image 7](#)

If you only have string, you can make the ties longer and tie the covering behind your head.

Step 4: Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping.

[Image 8](#)

Commented [HJ2]: Just querying the logic behind needing to have two pieces of cotton fabric stacked on this version but only a single layer of cotton t-shirt in the previous model..... I think they are both ineffective so am not unduly worried but someone might want to think of an answer for the Q&As

Commented [HJ3]: I have tried to follow the wording beneath each of the diagrams. Currently it says exactly the same thing. Should the second one read *...fold over the short side...*? Otherwise I am not sure what is the purpose of confusing the reader with trying to work out which are now the long and short sides when you started with a 25 cm square...

Commented [HJ4]: I am slightly anxious that nowhere on any of these instructions have we got any sort of warning about being careful with ties and loose ends (ie risk of strangling/tangling); making sure they are not near hairdryers or machinery etc.....