

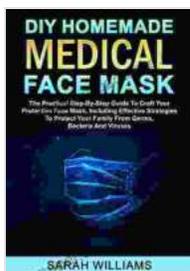
# The Ultimate Guide to Crafting Your Own Protective Face Mask

In the midst of a global pandemic, it's more important than ever to protect ourselves and others from the spread of harmful viruses and bacteria. One way to do this is by wearing a face mask. While there are many disposable face masks available, crafting your own reusable mask is a great way to save money, reduce waste, and ensure you have a mask that fits comfortably and securely.

This comprehensive guide will provide you with everything you need to know about crafting your own protective face mask, including step-by-step instructions, material recommendations, and tips for proper care and maintenance.

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1. **Cut out two rectangular pieces of fabric.** The size of the rectangles will depend on the size of your face. For an adult mask, cut two rectangles measuring 9" x 6". For a child's mask, cut two rectangles measuring 7" x 4".



**DIY HOMEMADE MEDICAL FACE MASK: The Practical Step-By-Step Guide To Craft Your Protective Face Mask, Including Effective Strategies To Protect Your Family From Germs, Bacteria And Viruses** by Sarah Williams

★★★★☆ 4.8 out of 5

Language : English

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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 49 pages
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- 2. Fold the top and bottom edges of one rectangle over by 1/2" and press.** This will create a hem for the top and bottom edges of the mask.
- 3. Fold the left and right edges of the rectangle over by 1/4" and press.** This will create a hem for the left and right edges of the mask.
- 4. Place the second rectangle on top of the first rectangle, right sides together.** Align the edges of the two rectangles and pin them together.
- 5. Sew around the edges of the two rectangles.** Use a straight stitch and a 1/4" seam allowance. Leave a 2" opening on one side for turning.
- 6. Turn the mask right side out.** Use a blunt object, such as a chopstick, to push out the corners of the mask.
- 7. Insert elastic or ribbon into the casing on each side of the mask.** The length of the elastic or ribbon will depend on the size of your head.

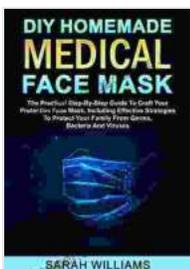
8. **Tie the ends of the elastic or ribbon together to secure the ear loops.**

- Wash your face mask after every use.
- Machine-wash the face mask in hot water with a mild detergent.
- Tumble dry the face mask on low heat or air-dry.
- Do not iron the face mask.

Crafting your own protective face mask is a simple and inexpensive way to help protect yourself and others from the spread of harmful viruses and bacteria. By following the step-by-step instructions in this guide, you can create a mask that is comfortable, secure, and effective.

Remember to wash your face mask after every use and follow the proper care and maintenance instructions to ensure your mask remains effective and hygienic.

Stay safe and healthy!

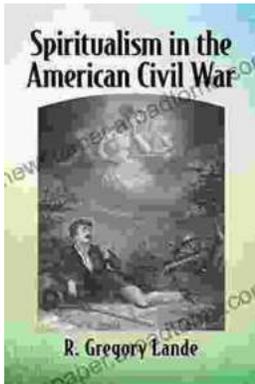


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