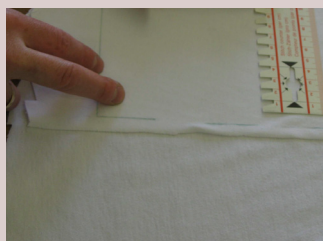


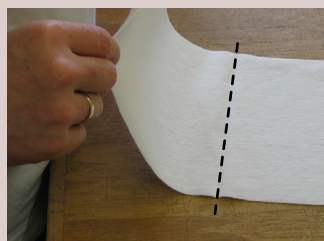
How to sew a Mouth and Nose mask

Material:

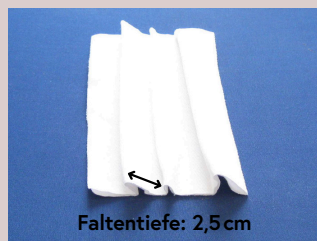
- 2 long strips of fabric, 90×2 cm of boil-proof cotton (e.g. kitchen towel, bed linen)
- 2 short strips of fabric, 17×2 cm of boil-proof cotton (e.g. kitchen towel, bed linen)
- 15 cm elastic wire (e.g. tinkering wire, pipe cleaner, wire clips of freezer bags)
- 1 cloth, 17×17 cm of breathable*, boil-proof cotton (e.g. T-shirt)



1. Mark and cut 17×17 cm cloth



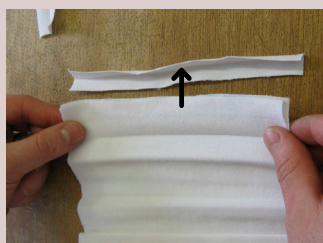
2. Fold cloth into half and iron it



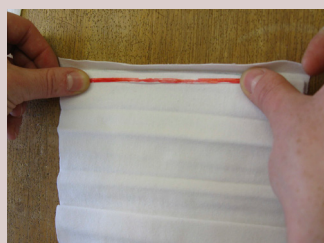
3. Iron three evenly spaced folds into the cloth



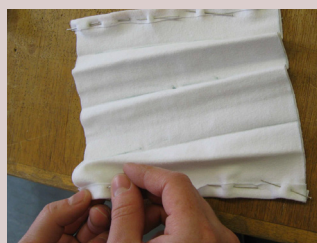
4. Fold all 4 strips of fabric (90×2 and 17×2) into half and iron them



5. Place cloth into the short strips of fabric



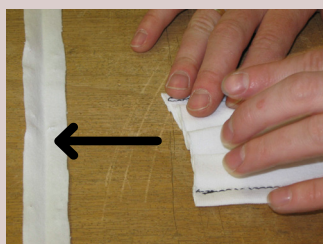
6. Add wire on top



7. Fix with pins at the top and bottom



8. Sew



9. Combine folds, put cloth centrally



10. ... into the long strips, fix with pins



11. and sew ...



12. ... on both sides.

Schau
auf
dich, schau
auf
mich.

* **Breathability test:** Take two layers of the fabric, put them close around mouth and nose, breathe in and out. If you can do so without much breath resistance, the material is suitable as a mouth mask!

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