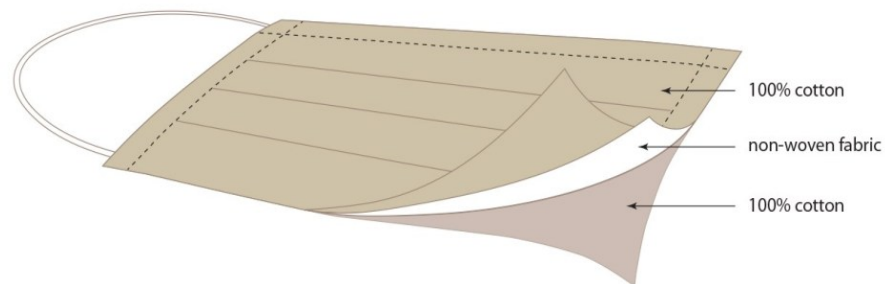


## Face Mask Sewing Tutorial



This is a tutorial on how to make your own fabric face mask. Like the surgical mask, this mask has 3 layers. For the outer layers, we used **100% cotton**. **Linen** can also be used instead. These are our preferred materials as they are soft, light and breathable.



### SUPPLIES:

- **One piece of 100% cotton fabric 16" x 8"**
- **Two 7" strips of 3/8" elastic**
- **One twist tie or pipe cleaner (about 6" long)**

If you don't have a sewing machine, you may hand-sew the mask. Please note that the filter insert is to be replaced daily and thrown away. Hand wash the fabric mask with warm soapy water after daily use. Let it air-dry overnight. ***This mask does not offer 100% protection from any bacteria/virus, it is just a supplement.*** More importantly, wash your hands regularly with soap and water, and maintain good personal hygiene.