How to make a Face Mask

We can make a Face Mask by ourselves.
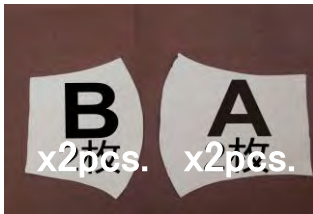The below instructions are for an adult size mask. Please adjust the size for children accordingly.

3D FACE-MASK in 20 minutes!

【 Things you need 】
· Double gauze cotton fabric（or you can use a piece of linen, handkerchief, etc.
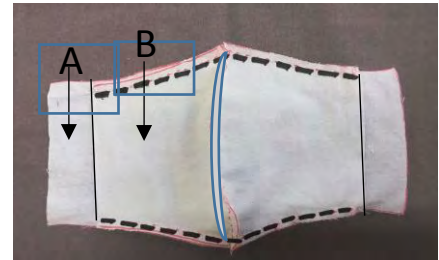· 2 x Elastic code tapes, approx 30cm each

B x2pcs.   **A** x2pcs.

B ぬい合わす Stitch together   **A** 縫い合わす Stitch together

A   B

① Use the pattern on the appendix and cut out the material. 2xA, 2xB, Total = 4 pcs.

② Put right size inside i.e. wrong side out, and sew the round edge together for both A and B parts. (Approx 1cm from the edge.)

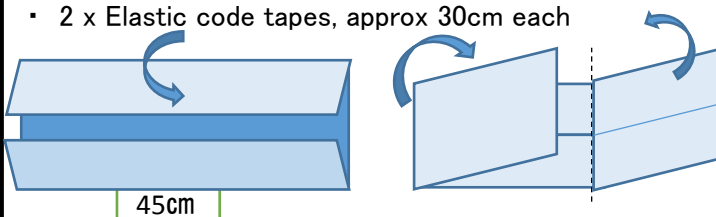③ Open A & B, put right side in, and sew up top and bottom edge. (Approx 1cm inside)

④ Turn inside out (right-side is out now), fold right and left ends to make pockets for elastic bands to go through. Sew the lines.

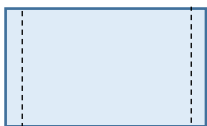⑤ Put the elastic codes through the hole, and it's done ♪

Even simpler, 2D Mask!

【 Things you need 】
· 1 sheet x Fabric, 45cm x 20cm
· 2 x Elastic code tapes, approx 30cm each

45cm

① Fold both sides in to center   ② Fold in at 1/3

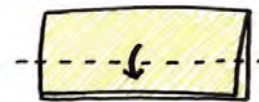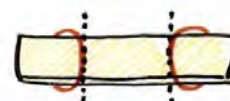③ Sew 1.5cm inside on both sides, put the elastic codes through.

Finished!

Handkerchief Face Mask in 30 sec!

【 Things you need 】
·1x Handkerchief
 45cm x 45cm or bigger
·2 x Elastic code tapes, approx 30cm each

① Fold half, then fold it half again.

② Fold both sides inwards at 1/3
Adjust length of the elastic codes.

☆ Adjust the shape after put it on.

Translated from Mimasaka City Coronavirus infection prevention headquarters materials