



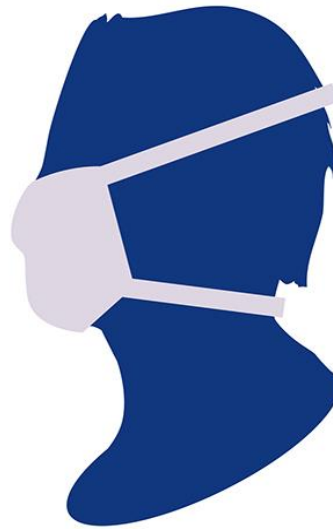
How to make simple face masks from a t-shirt and a sock





how a mask should be worn

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.

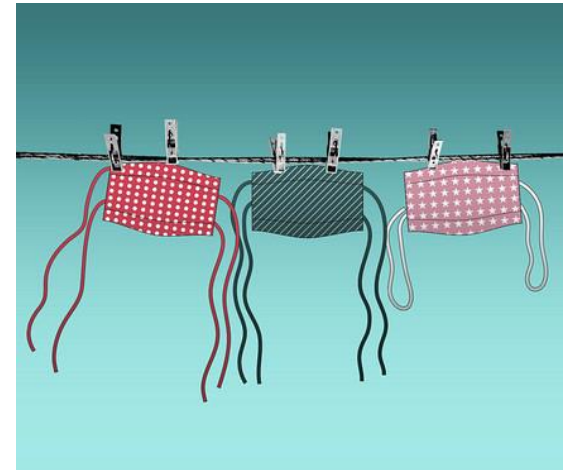




Do's and don'ts for fabric masks

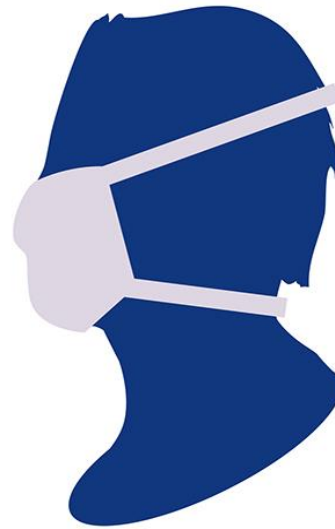


- **Do** wash your hands or use hand sanitiser before putting it on and after taking it off.
- **Don't** touch your eyes, nose, or mouth at all times
- **Do** wash fabric masks (above 70 degrees) and allow to dry before reusing it





how to make a mask from a t-shirt

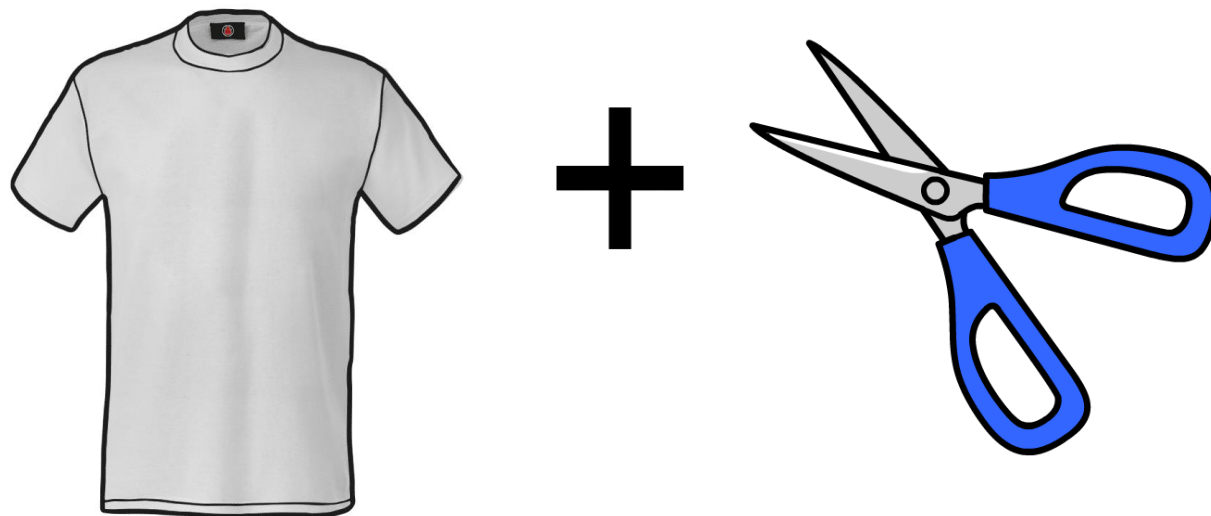




Making your own mask – using a T shirt

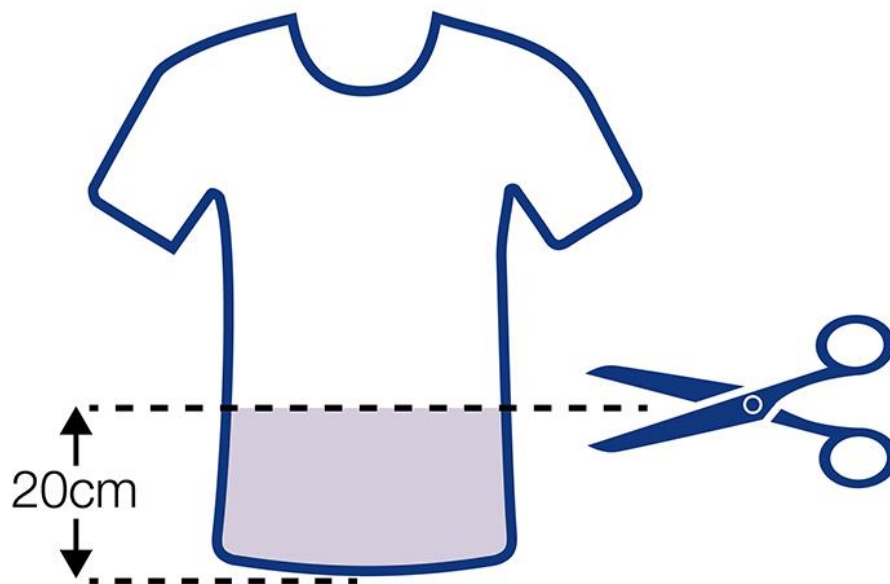
You will need:

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



Making your own mask – using a T shirt

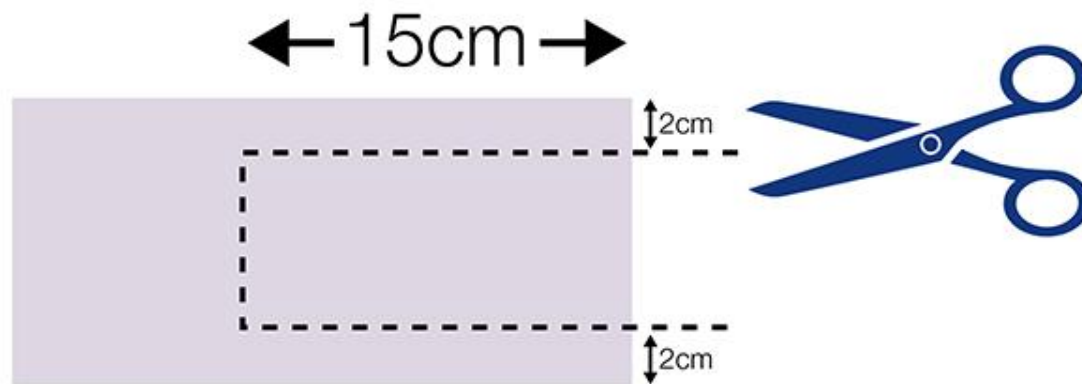
Step 1: Cut a straight line across the width of the T-shirt (front and back) approximately 20cm from the bottom of the T-shirt



Making your own mask – using a T shirt

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.



Cutting out a rectangle



Making your own mask – using a T shirt



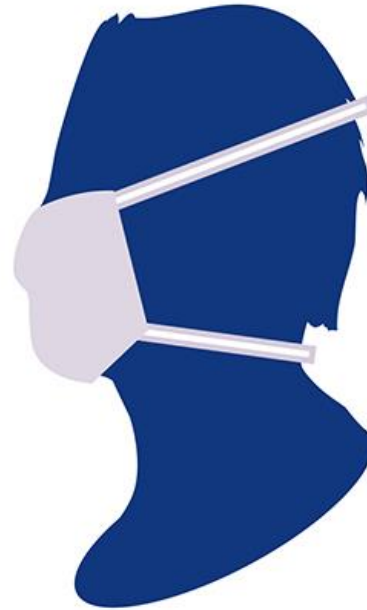
Step 4: To make the ties, cut open the edge of the 2 long strips of fabric. Unfold the main piece of fabric and place over the mouth and the nose. The 4 strips act as ties to hold the cloth face covering in place and should be tied behind the head and around the neck.



Cutting the tie strings



Tie the strings behind your head and around your neck – adjust if it doesn't feel comfortable





Making your own mask – using a sock





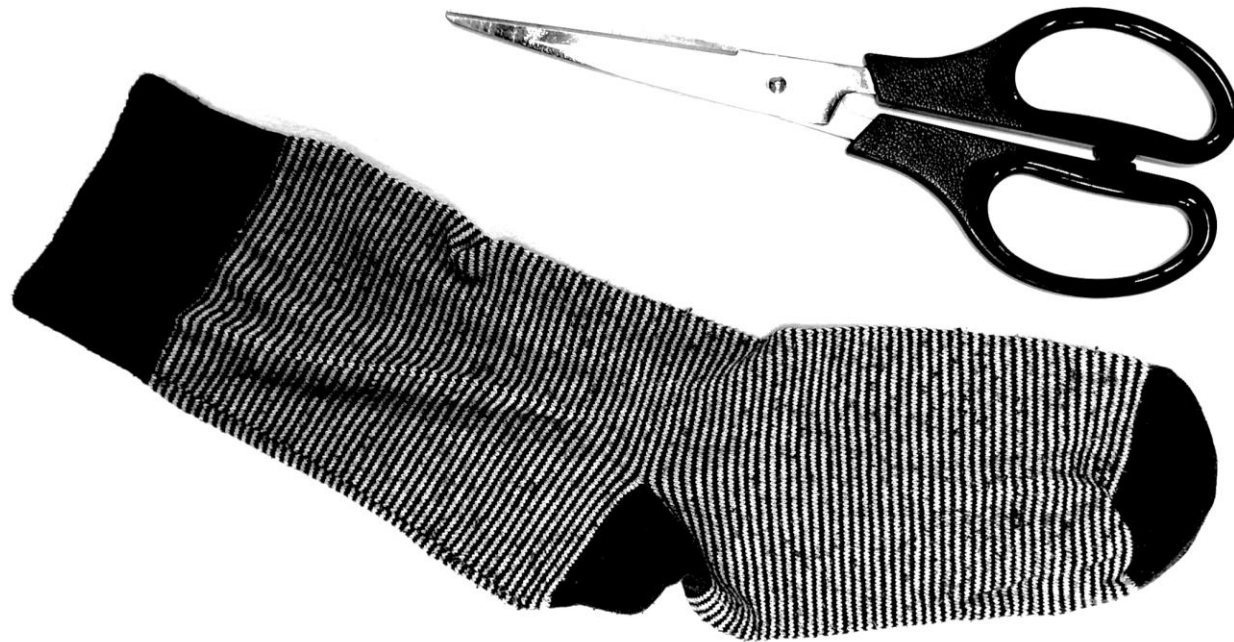
Making your own mask- from a sock

Important - you will need a nice CLEAN sock





You will need a sock and some sharp scissors - you could use up a single sock that's lost its partner ☹️





cut off the top of the sock



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Now cut off the toe of the sock



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cut along the top edge of the
sock – opposite the heel





Lay the sock out flat

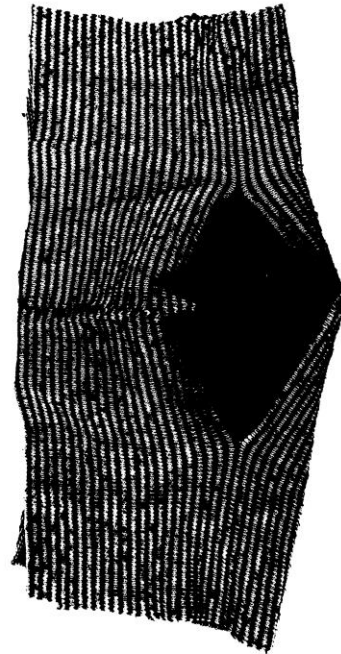


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fold over – right side out

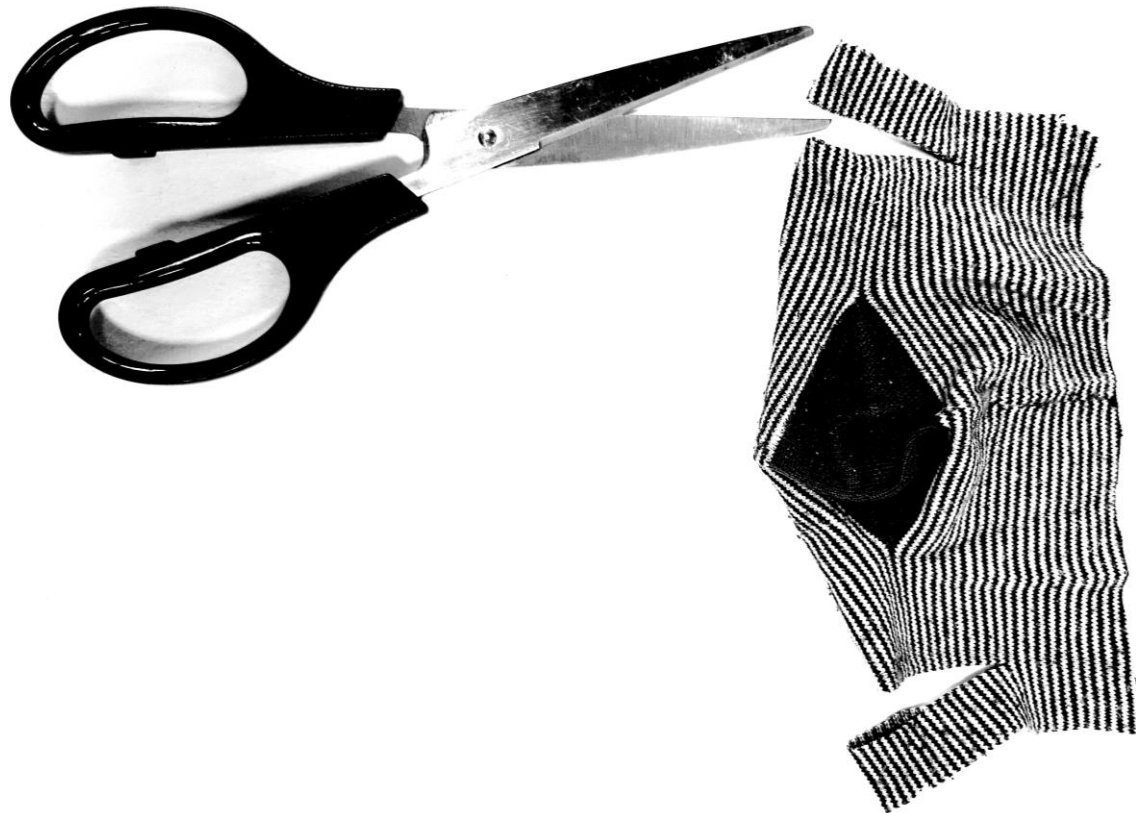


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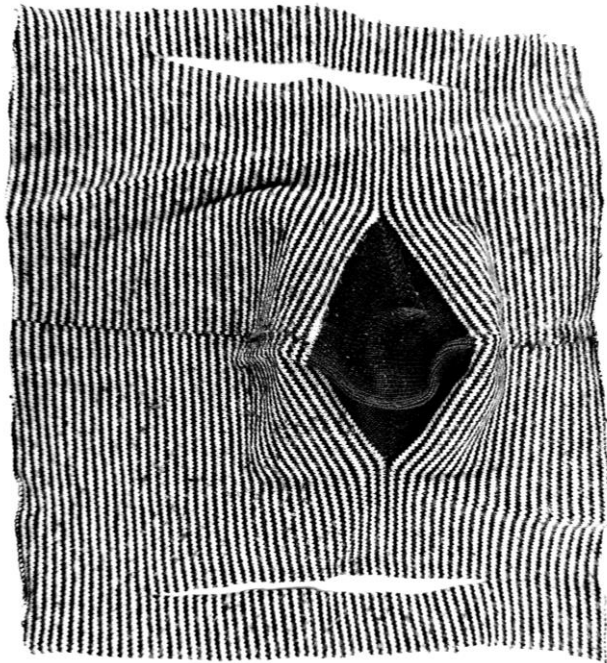




cut from the folded edge
toward the top of the sock –
leaving 2-3cm



lay out flat – you can see now
that you have made some
straps to put behind your
ears





put the mask onto your face
hooking the straps behind your ears – you
can cut more off if its uncomfortable –
remember this is not to replace surgical
masks that Camphill Village Trust staff are
wearing



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One finished sock mask!...I'm sticking my tongue out at Alex under the mask – can you tell



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