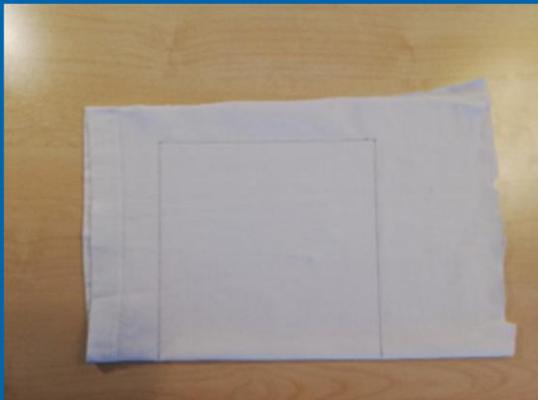


MATERIAL

- 17 x 34 cm (for men possibly 17 x 36 cm, for children 12 x 24) boil-proof cotton fabric. The fabric has to be breathable! Test that beforehand. Double the fabric and put close to mouth and nose. If you can breathe in and out without problems, the fabric is suitable as a face mask.
- Two fabric strips 90 cm long and 2 cm wide.
- Two fabric strips 17 cm long and 2 cm wide.
- One 15 cm long thin wire (craft wire, pipe cleaner, metal wire of loose-leaf binders).



1. Double the fabric and draw a 17 cm x 17 cm big square along the folded edge.

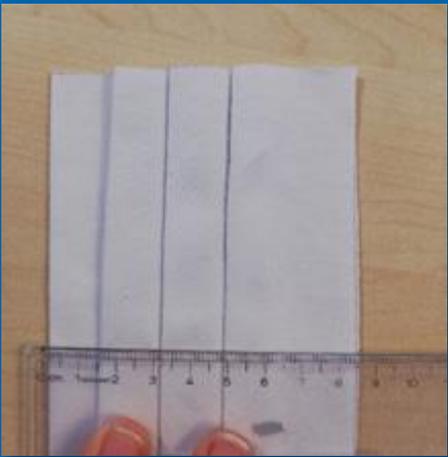
Also draw the four longer indicated strips of fabric and cut them out.



2. Iron the double-layered square piece of fabric.



3. Fold three evenly distributed pleats (pleating depth 1,3 cm) in the double-layered cloth and iron them.



The resulting cloth will be 8.5 – 9 cm in height.



4. Fold the four 2 cm wide strips of fabric in half along the long edges and iron (diagonal stripes).



5. Put the cloth with the top side in the 17 cm pleated fabric (edge reinforcement). Now put the 15 cm long wire between the fabric, and fix all layers of cloth together.



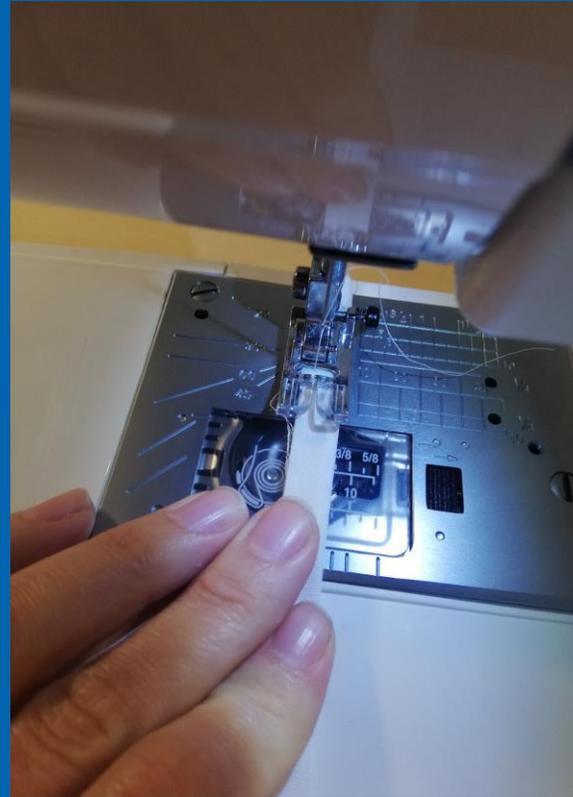
6. Fold the four 2 cm long thin strips of fabric in half along the long edges and iron (diagonal stripes).



Then the whole thing should look like this.



7. Together with the strips, lay the mask with ironed pleats **IN THE MIDDLE** of the long strips of fabric (headbands) and fix them together.



8. The last step is to sew along the two long strips of cloth in order to sew the fixed cloth from both sides.



We hope you enjoy sewing and stay healthy!

We would like to point out that the clinic Leverkusen does not assume liability for the efficacy, manufacture, or appropriate use of the makeshift mouth-nose mask sewn by yourself.