

DIY Face Mask

In New Zealand, non-medical-grade face coverings do not need to conform to any standard. The below is a 3 layer design for an adult mask based on information released by the Victorian Government. We will happily accept masks with 2 layers.

Before you begin check that all items are intact, e.g. not too thin, no holes. To confirm the type of material, check the item's label or tag.



OUTER LAYER - You will require 1 piece (25 cm x 25cm). Use water-resistant fabric, e.g. polyester or polypropylene, which can be found in clothing, reusable shopping bags and exercise clothing.

MIDDLE LAYER - You will require 1 piece (25 cm x 25cm). Use fabric blends, e.g. cotton polyester blend or polypropylene, which can be found in clothing or reusable shopping bags.

INNER LAYER - You will require 1 piece (25 cm x 25cm). Use water absorbing fabric, e.g. cotton polyester blend or polypropylene, which can be found in clothing.

EAR LOOPS - You will require 2 pieces (20 cm each). You can use elastic, string or cloth strips. Examples include: t-shirt and shoelaces

Notes

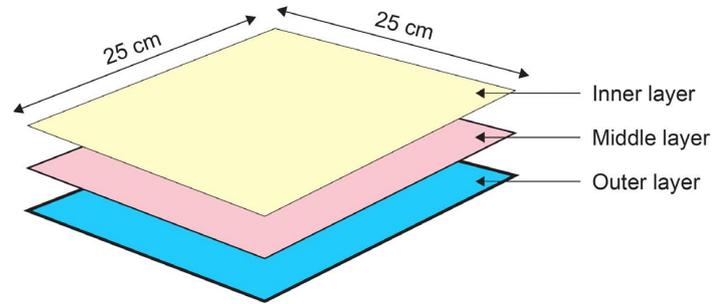
- While wearing and removing the mask, do not touch the outer layer.
- Wash your hands before putting your mask on and after taking it off.
- Fabric reusable face coverings can be washed and reused.
- Never share face coverings with other people.
- For more information on the use of masks in New Zealand, please visit: <https://covid19.govt.nz/health-and-wellbeing/protect-yourself-and-others/wear-a-face-covering/#types-of-mask-or-face-covering>



Steps

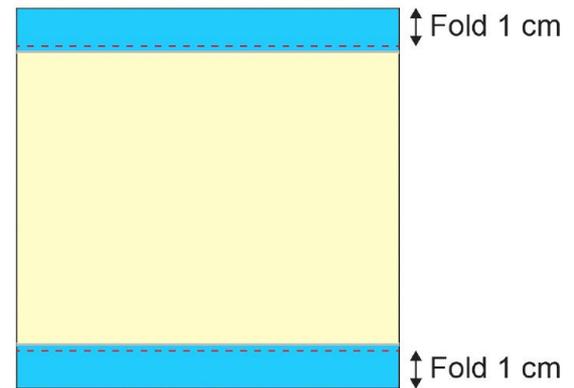
1. Cut out the outer layer, middle layer and inner layer pieces using the materials and dimensions above.

Place the outer layer on the bottom, the middle layer in the middle, and the inner layer on top.



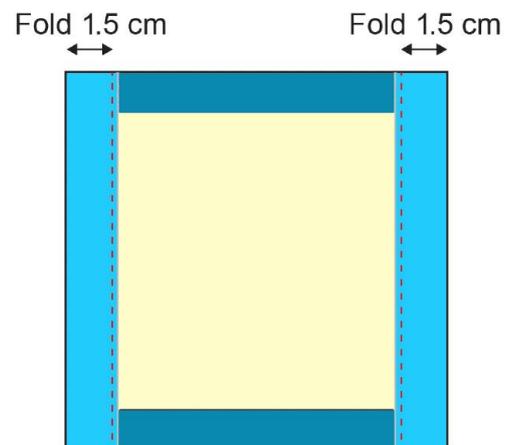
2. With the inner layer facing up, fold over 1 cm of the three pieces of material for the top and bottom edges.

Stitch at the borders using the red dotted lines as guide.

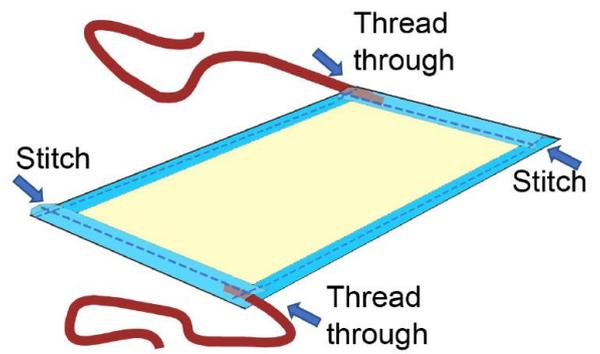


3. With the inner layer facing up, fold over 1.5 cm of material for the side edges.

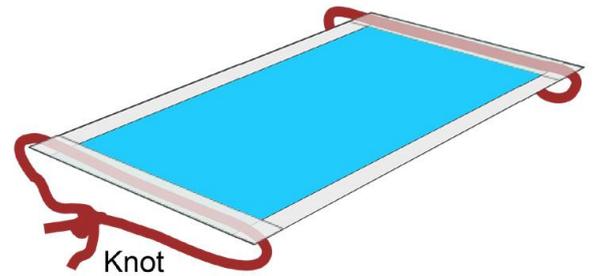
Stitch using the red dotted lines as a guide.



4. Using a safety pin or a large needle thread a 20 cm piece of elastic, string or cloth strip through the wider edge on each side.

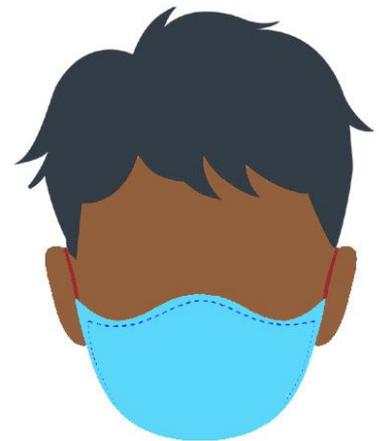


5. Knot the ends tightly or stitch them together.



6. Put on the mask with the outer layer facing away from your face.

Make sure the mask fits tightly over your nose and mouth.



NOTES:

- While wearing and removing the mask, do not touch the outer layer.
- Wash your hands before putting your mask on and after taking it off.
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