

# Sew a Face Mask

Three layers, sealed fit, machine washable.

For FAQs and to register your masks to be distributed, go to [nswmealsonwheels.org.au/masks](http://nswmealsonwheels.org.au/masks)

## Materials:

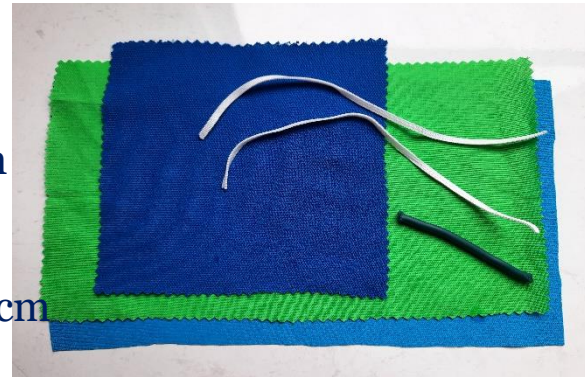
1 fabric piece 100% polyester 23cm x 15cm

1 fabric piece 100% cotton 23cm x 15cm

1 fabric piece poly/cotton blend 14cm x 15cm

2 x thin elastic pieces 20cm long

1 plastic coated nose wire 8cm (garden tie or kitchen ties, plastic ends melted to seal so that wire won't protrude)



1. Using zigzag stitch along the edge, sew the poly/cotton panel into the middle of the cotton piece, leaving 4cms on either side of the cotton layer.

2. Put this on top of the polyester layer, with elastic ear loops in between at 45 degrees from each corner. Sew these in, and along 3 sides with straight stitch.



3. Turn right side out. Put the nose wire along the seam inside the top middle of the mask, sew 3 sides around it.



4. Tuck in the edges at the bottom of the mask and sew together.



5. Sew three 1 cm pleats into each side of the mask. Stitch over again for extra strength. Your mask is finished.



**Wear the cotton side against your face, the polyester side out.**

Machine or hand washable. Line or air dry only (nose piece melts in hot dryer)

This mask was designed using the NSW Department of Health guidelines.