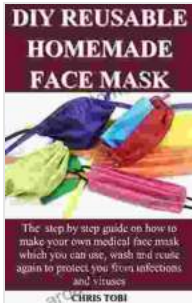


# The Step By Step Guide On How To Make Your Own Medical Face Mask



**DIY REUSABLE HOMEMADE FACE MASK: The step by step guide on how to make your own medical face mask which you can use, wash and reuse again to protect you from infections and viruses** by Winfried Zapp

★★★★★ 5 out of 5

Language : English  
File size : 650 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 10 pages  
Lending : Enabled



In the wake of the COVID-19 pandemic, face masks have become an essential part of our everyday lives. While medical-grade face masks are the most effective at protecting us from the virus, they can be expensive and difficult to find. That's why we've put together this step-by-step guide on how to make your own medical face mask.

## Materials

- 100% cotton fabric
- Elastic or ribbon
- Scissors

- Needle and thread (optional)

## **Instructions**

### **Step 1: Choose your fabric**

The best fabric for a medical face mask is 100% cotton. Cotton is a natural fiber that is breathable and absorbent, making it comfortable to wear for extended periods of time. It is also effective at filtering out particles, including viruses and bacteria.

### **Step 2: Cut out the fabric**

For a standard-sized face mask, you will need to cut out two pieces of fabric that are 9 inches wide by 6 inches tall. If you are making a mask for a child, you can cut the fabric smaller.

### **Step 3: Sew the sides of the mask**

Place the two pieces of fabric right sides together and sew around the edges, leaving a 1/2-inch seam allowance. Be sure to leave a 2-inch opening along one side of the mask.

### **Step 4: Turn the mask right side out**

Once you have sewn the sides of the mask, turn it right side out. You can use a chopstick or a pencil to help you turn the corners.

### **Step 5: Insert the elastic or ribbon**

Cut two pieces of elastic or ribbon that are each 12 inches long. Thread one piece of elastic or ribbon through the opening in the side of the mask, and then tie the ends together. Repeat this process with the other piece of elastic or ribbon.

## Step 6: Finish the mask

If desired, you can topstitch around the edges of the mask to give it a more finished look. You can also add a fabric tie or button to the back of the mask to make it easier to put on and take off.

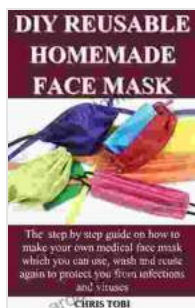
## How to use your medical face mask

To use your medical face mask, simply place it over your nose and mouth and adjust the elastic or ribbon so that it fits snugly. Be sure to wash your hands before putting on your mask, and avoid touching your face while you are wearing it.

## How to care for your medical face mask

After each use, wash your medical face mask in hot water with soap. You can either hand-wash the mask or machine-wash it on a gentle cycle. Be sure to dry the mask completely before using it again.

Making your own medical face mask is a simple and affordable way to protect yourself from the COVID-19 virus. By following the steps outlined in this guide, you can create a mask that is both effective and comfortable to wear.



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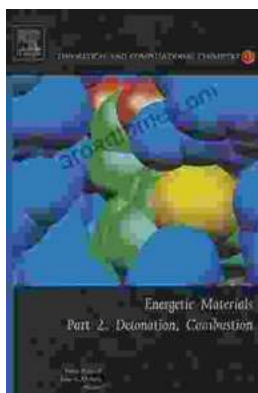
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