How to make a cloth mask

Instructions for making a cloth face mask

Masks are an extra precaution to protect against COVID-19 in areas with community transmission. Check your local state and territory advice about mask recommendations and requirements. Cloth masks are a washable covering and further advice on how to clean them it is at the end of this information sheet. If your cloth mask becomes damp you must remove it, put on a fresh one and put the used one in a plastic bag for washing at the end of the day.

You should continue physical distancing, hand and respiratory hygiene. Avoid touching the front of the mask and remove it carefully by touching only the straps, to avoid self-contamination. Hand hygiene should be performed after removal of the mask.
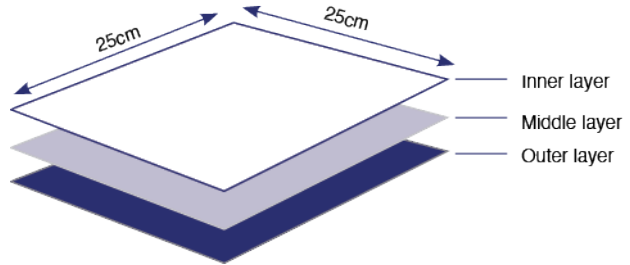
You will need

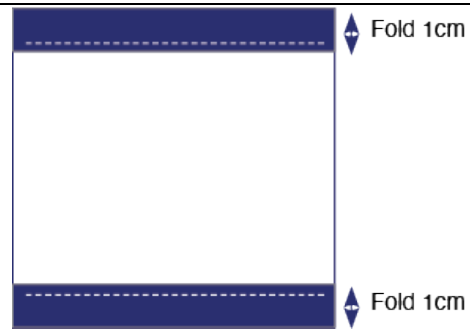| Layers	Quantity[1]	Material type	Example materials
Outer layer	1 piece (25 cm x 25 cm)	**Water-resistant fabric** (polyester / polypropylene)	Clothing Reusable 'green' shopping bags Exercise clothing
Middle layer	1 piece (25 cm x 25 cm)	**Fabric blends** (cotton polyester blend / polypropylene)	A repeat layer of either: Clothing Reusable 'green' shopping bags
Inner layer	1 piece (25 cm x 25 cm)	**Water-absorbing fabric** (cotton)	Clothing
Ear loops	2 pieces (20 cm each)	**Elastic** or **string** or **cloth strips**	T-shirt Shoelaces

Important:

Make sure that all materials are intact and have not worn too thin or have holes in them. Check the item's label or tag to confirm the type of material.
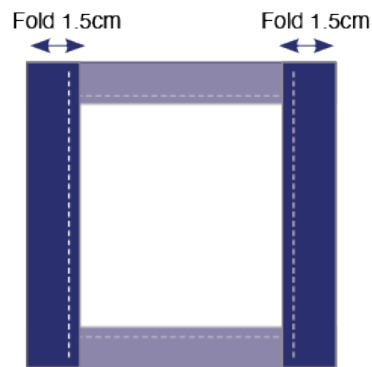
Steps

1. Cut out the outer layer, middle layer and inner layer pieces (see above for dimensions and material to use).

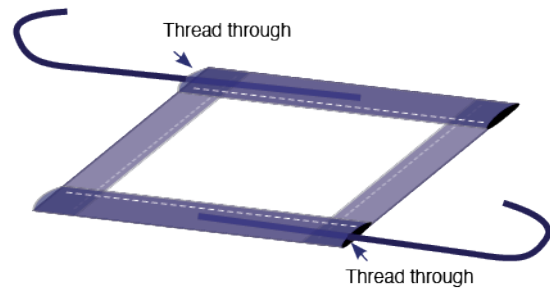Place the outer layer on the bottom, the middle layer in the middle, and the inner layer on top.

25cm
25cm
Inner layer
Middle layer
Outer layer

2. With the inner layer facing up, fold over 1cm of the three pieces of material for the top and bottom edges and stitch at the borders (see white dotted lines).
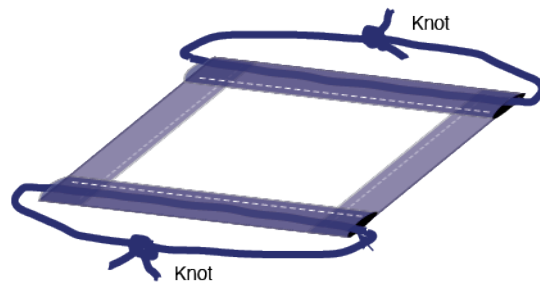

Fold 1cm

Fold 1cm

3. With the inner layer facing up, fold over 1.5cm of material for the side edges and stitch (see white dotted lines).
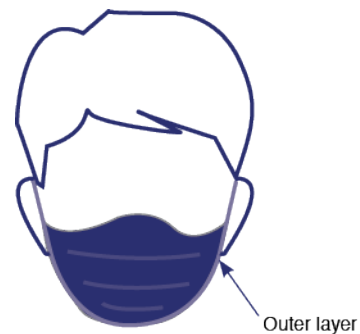

Fold 1.5cm   Fold 1.5cm

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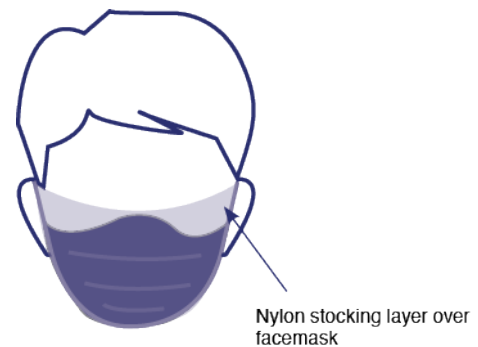Use a safety pin or large needle to thread it through.

Thread through

Thread through

5. Knot the ends tightly or stitch them together.

Knot

Knot

6. Put on the mask with the **outer layer** facing away from your face.
Adjust the mask to make sure it fits tightly over your nose and mouth.
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.

Outer layer

7. If you want to improve the fit of your mask you can add a nylon stocking over the mask and tie at the back of the head.

Nylon stocking layer over facemask

Cleaning your mask

Cloth masks can be washed in the washing machine with other clothes, or hand-washed using soap and the warmest appropriate water setting for the cloth.

Dry the cloth mask in the clothes dryer or in fresh air before you re-use it.

Clean your hands with soap and water or alcohol-based hand rub (made up of over 60% alcohol or 70% isopropanol) after handling used face masks.

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