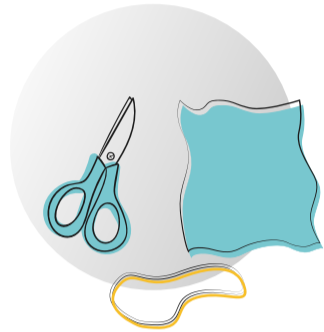


# DIY Face Masks

Learn simple **step-by-step** options to make your own mask and keep safe!

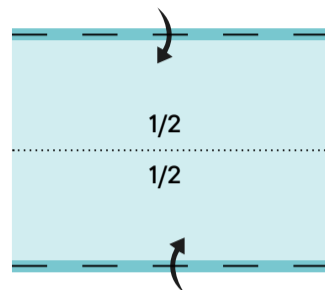
## BANDANA MASK

### YOU WILL NEED

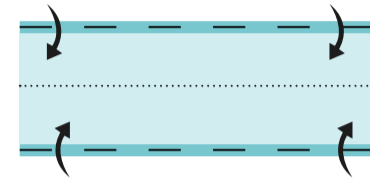


- A bandana (or square cotton cloth approximately 50cm x 50cm).
- Rubber bands or hair ties.
- Scissors (if you are cutting your own cloth).

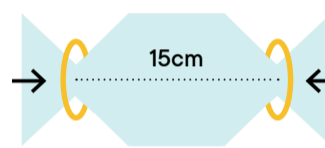
### INSTRUCTIONS



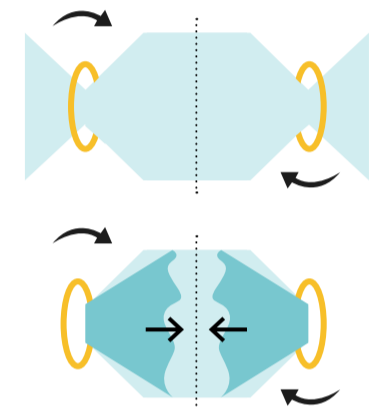
**STEP 1**  
Fold the bandana or square cloth in half.



**STEP 2**  
Fold top down and fold bottom up equally.



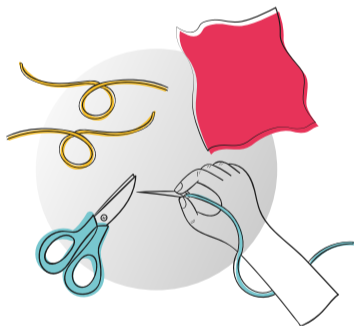
**STEP 3**  
Place rubber bands or hair ties 15cm apart.



**STEP 4**  
Fold the material toward the middle and tuck in.

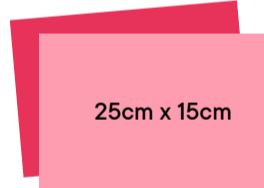
## FABRIC-STITCHED MASK

### YOU WILL NEED

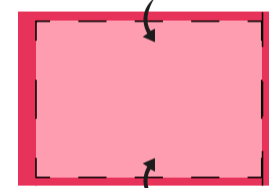


- Material such as an old cotton T-shirt, quilting fabric or cotton sheets
- 2 x 15cm lengths of elastic or hair ties
- Scissors
- Needle and thread

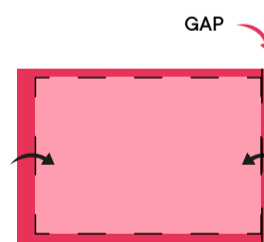
### INSTRUCTIONS



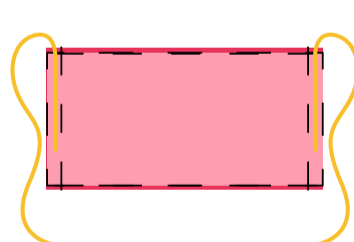
**STEP 1**  
Cut two rectangles of tightly-woven cotton approximately 25cm x 15cm. Arrange the two rectangles as a single piece of fabric by stacking them.



**STEP 2**  
Fold and stitch the top and bottom edges of the long side.



**STEP 3**  
Fold and stitch the side edges - leave a gap to thread the elastic through.



**STEP 4**  
Use a large needle or pin to thread each 15cm length of elastic through the side edge and tie tight.

### YOUR MASK SHOULD

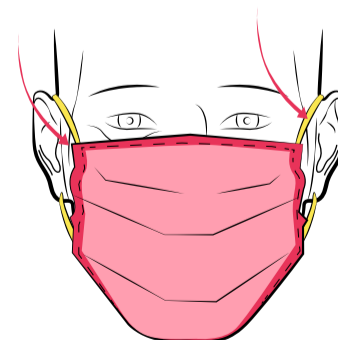
1. Be breathable, comfortable and snug, following the contour of face
2. Cover your mouth and nose completely
3. Be secured with elastic or hair ties
4. Include 2-3 layers of fabric
5. Be washed and ironed routinely.

Personalise your creation by sewing, crocheting and knitting tutorials available online.  
#MadeMyMask #makelockdownrewarding #1LoveUKZN

Share (or model!) a pic of your mask at [sibrans@ukzn.ac.za](mailto:sibrans@ukzn.ac.za) or on our social media platforms.



Source: CDC ([www.cdc.gov](http://www.cdc.gov))



**STEP 5**  
Tuck elastic knots inside the hem of the mask and adjust the mask to fit before stitching in place.



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