

#MASKCLASS

NOT SO FUN FACT: Did you know, that when you sneeze or cough, tiny bit of saliva from your mouth can travel about 6 feet in front of you? Kinda gross huh? The COVID-19 virus can travel in those little droplets and land on surfaces that other people touch. One way to stop this happening, is by wearing a mask. Most people think that you wear a mask to protect yourself. But in actual fact, wearing a mask is mostly about protecting others too. Because if you protect others, you're helping to stop the virus from spreading. Which means you're also helping yourself! OK, ready to make a mask? Let's begin!

You will need:



Needle



Thread



Scissors



Ribbon



Fabric

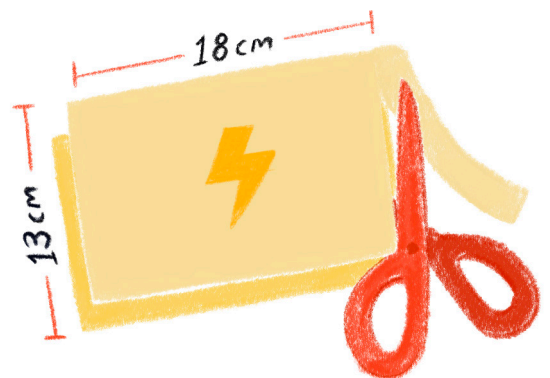
1 CHOOSE YOUR FABRIC

Find clean fabric for your mask. A tea-towel, t-shirt or even pyjamas could work - just choose your favourite! Thick fabric is best. Try this - hold the fabric up to the light. If light comes through, that means germs can too. Yuk! So, try another fabric. Cotton is best.



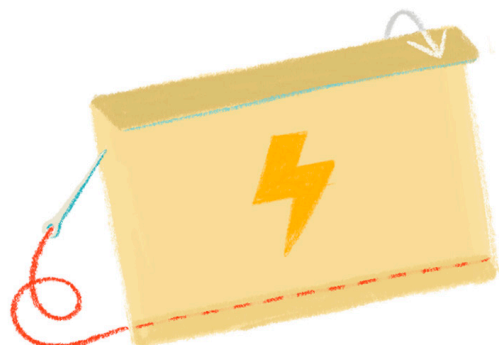
2 CUT OUT YOUR MASK

Cut your fabric into two pieces, 18cm x 13cm. This size is for kids. But if you're making one for an adult, remember, they have big mouths! So they'll need a larger mask - 25cm x 15cm. Once you've cut out your two pieces, lay them on top of each other so the edges line up.



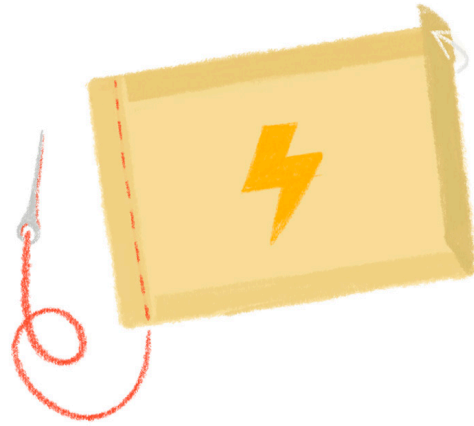
3 SEW THE LONG SIDES

OK, time to start stitching! It might be best to get a grown up to help with this bit. Fold over the long sides of the fabric about 1cm inwards. Then, hem the edges. If you like, use a sewing pin to hold the fold in place. Once done, do the same on other side.



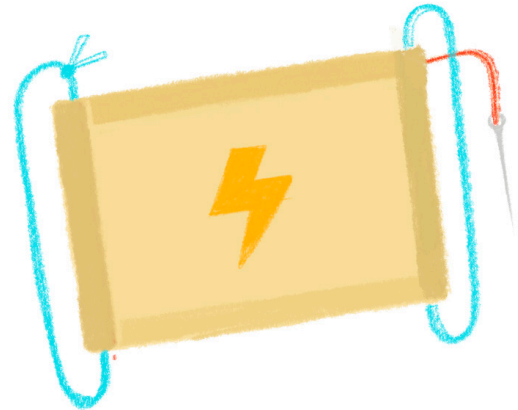
4 SEW THE SHORT SIDES

You might need a ruler for this bit! Fold over the short side about 13mm, then stitch, just like you did with the long sides.



5 ADD THE EAR LOOPS

Ear loops attach the mask to your ears. You can make them with elastic. But you could also use hair-ties, or even ribbon! To attach the ear loops, thread the loops through each short side. If you use ribbon, each piece should be about 20cm long. If elastic, make them 15 cm long.



6 WEAR YOUR MASK!

The moment has arrived! Place the mask over your mouth and ask a grown-up to tie it behind your ears - tight over your nose and mouth. If you're using ribbon, tie a bow. If elastic, you can tie a knot. Once it's the right length, tuck the knot inside the hem to hide it. And you're done!



IMPORTANT THINGS TO REMEMBER!

Wearing your mask does not mean you can stop washing your hands or keeping a safe distance from other people. Try and avoid touching your mask apart from taking it on or off. And remember to wash your mask as regularly as you can!

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