

# GUIDLINE DISPOSABLE FACEMASK



In 7 steps a responsible mask with household materials

# WHAT DO YOU NEED?



1. Stofzuiger zak  
*Vacuum cleaner bag*
2. Elastiek  
*Elastic*
3. Naald en draad  
*Needle and thread*
4. Naalden  
*Needles*
5. Buigbaar metaal (bijv. uit een snelhechter)  
*Flexible metal (e.g. from a fastener)*
6. (Stof) schaar  
*A pair of scissors*

## STEP 1

- Cut 2 equal pieces out of the vacuum cleaner bag
- Use the whole width
- Measure from the middle of your nose to under your chin, this will be your length (between 10 and 13 cm)
- Cut 2 pieces of elastic around 50 cm



## STEP 2



- Lay the 2 pieces on top of each other
- Temporarily secure the top edge with needles

## STEP 3

- Fold the fabric open
- Lay down 1 of the 2 elastics between the fabric
- Make sure the elastic is against the needles





## STEP 4



- Fold the fabric back again
- Pin the fabric under the elastic with needles
- Pay attention to the fact that the elastic still needs to be free to move, don't pin it



## STEP 5

- Put the yarn through the needle
- Use the yarn double, for extra firmness
- Take the needle from the front to the back and vice versa
- Do this in both places where the needles are



## STEP 6



- Repeat step 2 to 5 for the bottom

## STEP 7

- Slide the metallic part in 1 of the 2 borders
- Slide the metallic part to the middle of the face mask, so that's around your nose



# END RESULT



- Wear the face mask with the metallic part at the top
- Tie the bottom elastic in your neck
- Tie the upper elastic on top of your head
- Make sure the side parts of the fabric (by the ears) is tense and doesn't give an open space
- Form the metallic part around your nose