

Time	Narration
00:00	Welcome to the spoken tutorial on making a protective face cover at home.
00:06	In this tutorial we will learn about:
00:10	The need for us to wear a protective face cover.
00:14	Important warnings for health workers and COVID-19 patients.
00:20	Safety precautions regarding the protective face covers.
00:25	Procedure to make a protective face cover with and without a sewing machine.
00:32	Precautions before wearing and while removing the protective face cover.
00:38	Correct way to sanitize and store the protective face cover.
00:44	We must first understand the need to wear a protective face cover.
00:50	To protect ourselves from CoronaVirus, wearing a face cover is important.
00:56	India being densely populated, wearing a face cover is especially recommended.
01:03	To prevent and control Coronavirus many types of face covers are being used.
01:10	Among them homemade protective face cover is easy to make and can be reused too.
01:18	Before going ahead, please remember the important warnings.
01:23	Homemade face cover is not for health workers.
01:28	It is neither for people working with or in contact with COVID-19 patients.
01:37	COVID-19 patients should not use homemade face covers.
01:42	All such people must wear only the specified protective gear.
01:48	There are other safety precautions that you should always remember.
01:53	Homemade face covers do not give full protection.
01:58	They only reduce the chances of inhaling droplets in the air from an infected person.
02:06	Do not use the face cover without washing it.
02:10	Do not share your face cover with anyone.
02:14	Always maintain a minimum of 2 metres social distancing with everyone.
02:21	Frequently wash your hands with soap for 40 seconds.
02:26	We will now see a simple method to make a reusable face cover at home.
02:33	It can be made using a cotton cloth which is easily available at home.
02:38	While making it ensure that it covers the mouth and nose completely.
02:44	One should be able to tie it over the face easily.
02:49	Homemade face covers can be easily made with and without a sewing machine.
02:55	Let us first see how to make a protective face cover with a sewing machine.
03:02	You will need a 100% cotton cloth.
03:06	The colour of the cloth does not matter.
03:10	Before making, wash the fabric well
03:13	and boil it in salt water for 5 minutes.
03:17	Let the cloth dry properly and then use it.
03:21	Other items required are:
03:23	Four pieces of cloth strips
03:26	Scissors and A sewing Machine

03:29	I will explain the procedure to make a protective face cover.
03:34	Start with cutting the cloth for the face cover.
03:39	For adult it should be 9 inches x 7 inches.
03:44	For a child it should be 7 inches x 5 inches
03:50	Now we will cut the strips.
03:53	For adult size face cover, cut 4 strips for tying and piping.
03:59	Two pieces each of 1.5 inches x 5 inches.
04:05	Also two pieces of 1.5 inches x 40 inches.
04:11	Attach a 1.5 inches x 5 inches strip on one end to use as piping to the fabric.
04:19	Create 3 pleats facing downward of about 1.5 inches each by folding the cloth.
04:28	Turn the pleated cloth to the other side and repeat the steps for pleating.
04:34	Now, the height of the cloth will be reduced from 9 inches to 5 inches.
04:42	Secure the pleats with piping on both sides.
04:46	Take extra care to keep all pleats facing downward.
04:51	Next, attach the long 40 inch strip to the top and bottom of the face cover.
04:59	Once again fold both these strips three times and stitch.
05:05	Your face cover is now ready to use.
05:09	While wearing it there should be no gaps between the face cover and your face.
05:15	The side facing you should show pleats facing downwards.
05:21	Never reverse the face cover for reuse
05:24	and wash it thoroughly after every use.
05:28	You should not touch your face or eyes.
05:31	Wash your hands thoroughly when you reach home.
05:35	Let us now see how to make a face cover without a sewing machine.
05:41	You will need: 100% cotton material or a men's cotton handkerchief
05:47	and 2 rubber bands.
05:50	I will now explain the procedure to make the protective face cover.
05:55	Fold the handkerchief from one side to little above the middle of the cloth.
06:01	Now fold over the other edge to go above the first fold.
06:07	Fold this again evenly from the middle.
06:11	Take a rubber band and tie it on the left side of the cloth.
06:15	Now tie the other side with another rubber band.
06:20	Ensure that the area in the middle of the two rubber bands is big enough.
06:25	This will help you to cover your mouth and nose.
06:30	Take one edge of the cloth on the side of the rubber band and fold over it.
06:36	Do this for both sides.
06:38	Now take one fold and insert it into the other fold.
06:43	Your face cover is now ready to be used.
06:47	To wear this face cover just wrap each rubber band around your ears.
06:53	As mentioned earlier, ensure that the face cover fits around your mouth and nose.

07:00	There should be no gap in between them.
07:04	Follow safety precautions before wearing a protective homemade face cover.
07:10	Wash your hands properly before wearing the face cover.
07:14	As soon as the face cover becomes damp or humid, switch to another face cover.
07:21	After every single use of the face cover, wash it for next use.
07:27	Every member in a family should have a separate face cover.
07:32	While removing, do not touch the front or any other surface of the face cover.
07:38	Remove it only with strings behind or the rubber bands.
07:43	For string face cover, always untie the string below and then the string above.
07:51	After removing, immediately clean your hands with soap and water for 40 seconds.
07:58	You can also use 65% alcohol based hand sanitizer.
08:04	I will now tell you how to sanitize the face cover properly.
08:09	Please follow the method compulsorily.
08:12	Thoroughly wash the face cover with soap and warm water.
08:17	Dry it in hot sun for at least 5 hours.
08:21	Alternatively, you can use a pressure cooker to sanitize.
08:25	Put the face cover in water in a pressure cooker.
08:29	Add salt and boil it for at least 10 minutes.
08:33	Then, take it out and let it dry in a clean place.
08:38	You can also boil the face cover in hot water for 15 minutes.
08:44	If you do not have access to a pressure cooker or boiling water, use a soap.
08:51	Wash and clean with soap
08:54	and apply heat on the face cover for 5 minutes.
08:59	You may use an iron box to apply the heat.
09:04	It is recommended that you make at least two face covers.
09:09	You can wear one, while the other is washed and dried.
09:13	Now, let us learn how to store the clean face covers.
09:18	Take any plastic bag, clean it thoroughly with soap and water.
09:23	Let it dry properly on both the sides.
09:27	Keep the extra face cover in this clean bag and seal it well.
09:32	You can now use your face covers one by one for daily use.
09:38	This brings us to the end of this tutorial.
09:41	Let us summarize what we learnt in this tutorial.
09:45	We learnt the need to wear a protective face cover due to Coronavirus.
09:51	We also learnt about the important warnings.
09:54	Health workers should not use homemade face cover.
09:59	People in contact with COVID-19 patients too should not use it.
10:05	COVID-19 patients also should not use these face covers.
10:10	They all must wear the specified protective gear, mandatorily.
10:15	We also learnt about the safety precautions.

10:19	Homemade face covers do not give complete protection.
10:23	A face cover should neither be used without washing nor be shared with anyone.
10:29	Maintain social distancing of minimum 2 meters, compulsorily.
10:34	Wash hands with soap for 40 seconds frequently.
10:39	We also learnt the procedure to make a face cover with and without a sewing machine.
10:45	Precautions to be followed before wearing and while removing the protective face cover.
10:51	And the correct way to sanitize and store the protective face covers.