# Design and preparation of a cloth mask

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The original PDF document containing this information is [available and can be downloaded from the DHHS website](https://www.dhhs.vic.gov.au/sites/default/files/documents/202007/Design%20and%20preparation%20of%20cloth%20mask_0.pdf).

## How to make a cloth mask

Instructions for making a cloth mask

### You will need

| Section | Quantity | Material type  | Example material |
| --- | --- | --- | --- |
| Outer layer | 1 piece (25cm x 25cm) | Water resistant fabric (polyester/polypropylene) | Clothing, reusable “green” shopping bags, or exercise clothing |
| Middle layer | 1 piece (25cm x 25cm) | Fabric blends (cotton polyester blend/polypropylene) | A repeat leayer of clothing or reusable “green” shopping bags, or exercise |
| Inner layer | 1 piece (25cm x 25cm) | Water-absorbing fabric (cotton)  | Clothing |
| Ear loops | 2 pieces (20cm each) | Elastic, string or cloth strips | T-shirt or 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.
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
3. With the inner layer facing up, fold over 1.5 cm of material for the side edges and stitch
4. Thread a 20 cm 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.
5. Knot the ends tightly or stitch them together.
6. Put on the mask with the outer layer facing away from your face.
7. 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.
8. 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.