How to make a face mask

Required materials

-For the mask:
  2 cotton pieces of 19 x 17 cm
  2 elastics of 22 cm needle
  sewing thread and pins

-For the filter:
  paper towel or polypropylene nonwoven fabric of 17 x 16 cm
  water, salt, container and a drop of dish soap

Pattern

19 x 17 cm

1 cm
3 cm
1 cm
2.5 cm
1 cm
2.5 cm
1 cm

2 x
Instructions

- Sew the upper part 1 cm from the edge.
- Fold the mask along the dashed lines of the pattern and pin the folds on each side.
- Do the same for the other cotton piece.

-Put the elastics between the two layers at 2.5 cm from the edge.

-Sew both layers and elastics along the left, right and bottom edges.
**Preparation of the filter**

**Saturated salt solution**
- Add 36g of salt to 100ml of water.
- Stir until complete dissolution.
- Add a drop of dish soap.

- Plunge the filter into the saturated salt solution.

- Let the filter dry flat.
- Slide the dry filter between the two layers of the mask.
- Change the filter every 3 hours.
- Wash the mask at 70 degrees minimum.
- Respect the protective measures against the coronavirus.