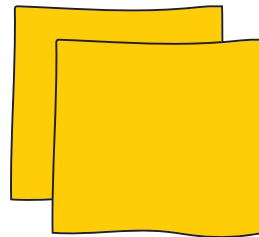


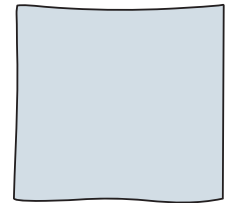
How to sew your own face covering

You will need:

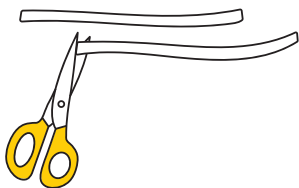
- 40 cm of tightly woven cotton fabric
- 1 piece of 19.5 cm water-resistant fabric, like nylon or polypropylene (for example, a running short fabric)
- 2 x 20 cm pieces of elastic
- Measuring tape
- Scissors
- Pins
- Cotton thread
- Sewing machine



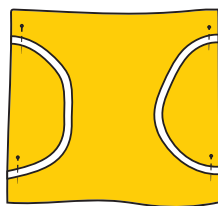
Cut out two rectangles measuring 19 cm x 19.5 cm from tightly woven cotton fabric.



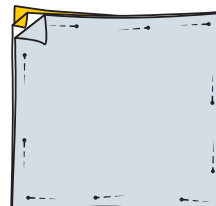
Cut out a third rectangle from the water-resistant fabric for the middle layer.



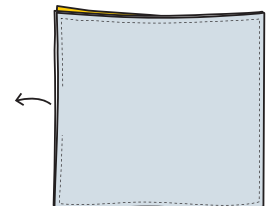
Cut two 20 cm pieces of elastic.



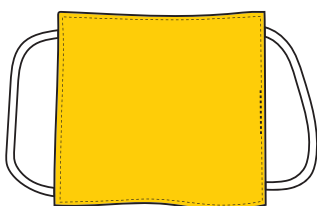
On the right side of the fabric, pin elastic ends to the sides, making a semi-circle so the elastic doesn't catch when it is stitched. Pin the elastic in place.



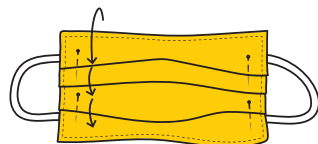
Turn the fabric so the right sides are together and lay the water-resistant fabric on top. Pin all the pieces together.



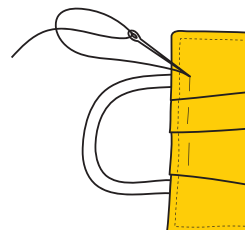
Stitch together with a 6 mm seam allowance, leaving a small opening on one side.



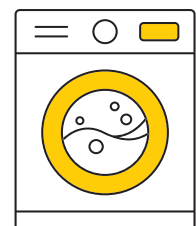
Turn right side out and sew a 3 mm seam around the outside to close the opening and finish the edges neatly.



Make three even folds along the right and left sides of the mask. Pin these in place.



To complete the mask, stitch across the pleats, 3 mm away from the first line of stitching.



Wash face coverings with detergent in hot water either by hand or in a washing machine. Dry the face covering completely before using it.

For updates and more information on staying safe, visit [Covid19.govt.nz](https://www.covid19.govt.nz)

[New Zealand Government](https://www.govt.nz)

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