

HOW TO MAKE A REUSABLE FACE MASK



*Plastic Free Face Covering
From Recycled Textiles*





Surfrider is a non-profit environmental organization dedicated to the protection and enjoyment of the world's oceans, waves and beaches through a powerful activist network. The Surfrider Pacific Rim chapter is based in Tofino and Ucluelet on Vancouver Island, and focuses on plastic pollution prevention, circular economies, climate change, and sustainability.

SURFRIDER PACIFIC RIM

STITCH 'N' BEACH PROGRAM

What Do We Do?

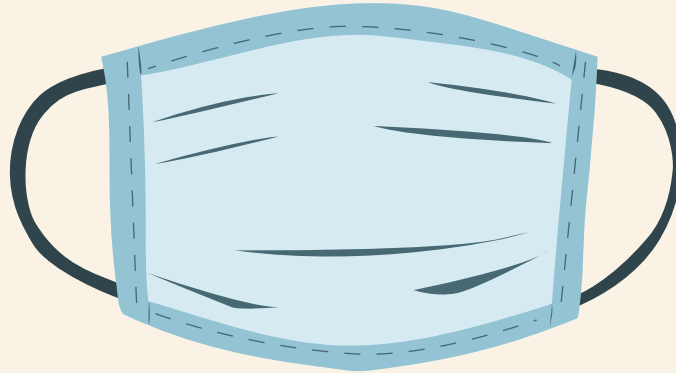
Stitch 'n' Beach is a program to educate the public on how to sew reusable grocery and produce bags out of donated textiles! It features workshops such as “Fix it, Don't Ditch it” to raise awareness of the importance of mending and repairing clothing instead of tossing and buying new.

In this tutorial, we will show you how to make a reusable face mask from old textiles you have laying around at home!

**NORTH AMERICA SENDS OVER 10
MILLION TONNES OF CLOTHING TO
LANDFILL EVERY YEAR, 95% OF WHICH
COULD BE REUSED OR RECYCLED**



THE CDC AND HOMEMADE CLOTH FACE COVERINGS



Centers for Disease Control and Prevention recommends wearing cloth face coverings in **public settings** where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of **simple cloth face coverings to slow the spread of the virus** and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings **should not be placed on young children under age 2**, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

FREQUENTLY ASKED QUESTIONS



AS ADVISED BY THE CDC

SHOULD FACE COVERINGS BE WASHED REGULARLY? HOW REGULARLY?

YES. THEY SHOULD BE ROUTINELY WASHED DEPENDING ON THE FREQUENCY OF USE.

HOW DOES ONE SAFELY STERILIZE A CLOTH FACE COVERING?

A WASHING MACHINE SHOULD SUFFICE IN PROPERLY WASHING A FACE COVERING.

HOW DOES ONE SAFELY REMOVE A USED CLOTH FACE COVERING?

INDIVIDUALS SHOULD BE CAREFUL NOT TO TOUCH THEIR EYES, NOSE, AND MOUTH WHEN REMOVING THEIR FACE COVERING AND WASH HANDS IMMEDIATELY AFTER REMOVING.



SEWN CLOTH FACE COVERING

Materials:

TWO 10"X6" RECTANGLES OF COTTON FABRIC

TWO 6" PIECES OF ELASTIC (OR RUBBER BANDS, STRING, CLOTH STRIPS, OR HAIR TIES)

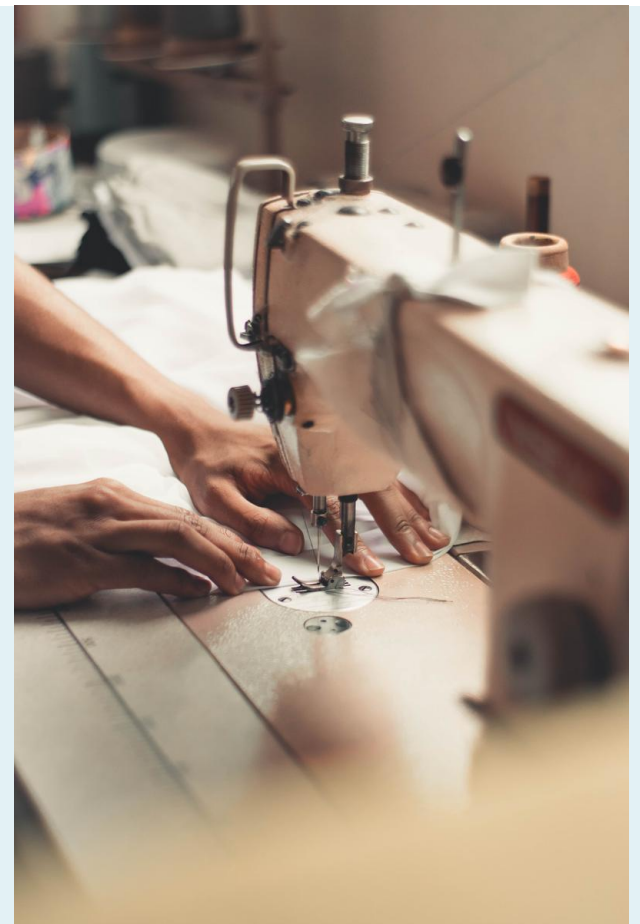
NEEDLE AND THREAD (OR BOBBY PIN)

SCISSORS

SEWING MACHINE



HINT! USE FUN COLORFUL FUN FABRICS, PERSONAL DESIGNS, OR A SET OF LIPS!



Steps:

1. CUT OUT TWO 10-BY-6-INCH RECTANGLES OF COTTON FABRIC. USE TIGHTLY WOVEN COTTON, SUCH AS QUILTING FABRIC OR COTTON SHEETS. T-SHIRT FABRIC WILL WORK IN A PINCH. STACK THE TWO RECTANGLES; YOU WILL SEW THE MASK AS IF IT WAS A SINGLE PIECE OF FABRIC.

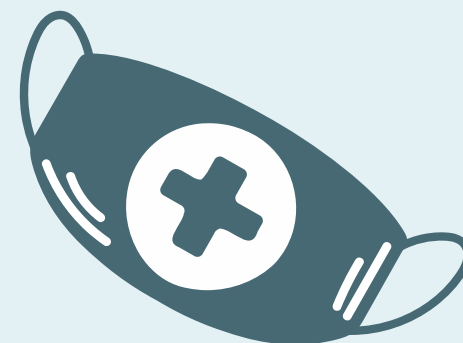
2. FOLD OVER THE LONG SIDES $\frac{1}{4}$ INCH AND HEM. THEN FOLD THE DOUBLE LAYER OF FABRIC OVER $\frac{1}{2}$ INCH ALONG THE SHORT SIDES AND STITCH DOWN.

SEWN CLOTH FACE COVERING

Steps (continued):

3. RUN A 6-INCH LENGTH OF 1/8-INCH WIDE ELASTIC THROUGH THE WIDER HEM ON EACH SIDE OF THE MASK. THESE WILL BE THE EAR LOOPS. USE A LARGE NEEDLE OR A BOBBY PIN TO THREAD IT THROUGH. TIE THE ENDS TIGHT. DON'T HAVE ELASTIC? USE HAIR TIES OR ELASTIC HEAD BANDS. IF YOU ONLY HAVE STRING, YOU CAN MAKE THE TIES LONGER AND TIE THE MASK BEHIND YOUR HEAD.

4. GENTLY PULL ON THE ELASTIC SO THAT THE KNOTS ARE TUCKED INSIDE THE HEM. GATHER THE SIDES OF THE MASK ON THE ELASTIC AND ADJUST SO THE MASK FITS YOUR FACE. THEN SECURELY STITCH THE ELASTIC IN PLACE TO KEEP IT FROM SLIPPING.



BANDANA FACE COVERING (NO SEW METHOD)

Materials:

BANDANA (OR SQUARE COTTON CLOTH APPROXIMATELY 20"X20")

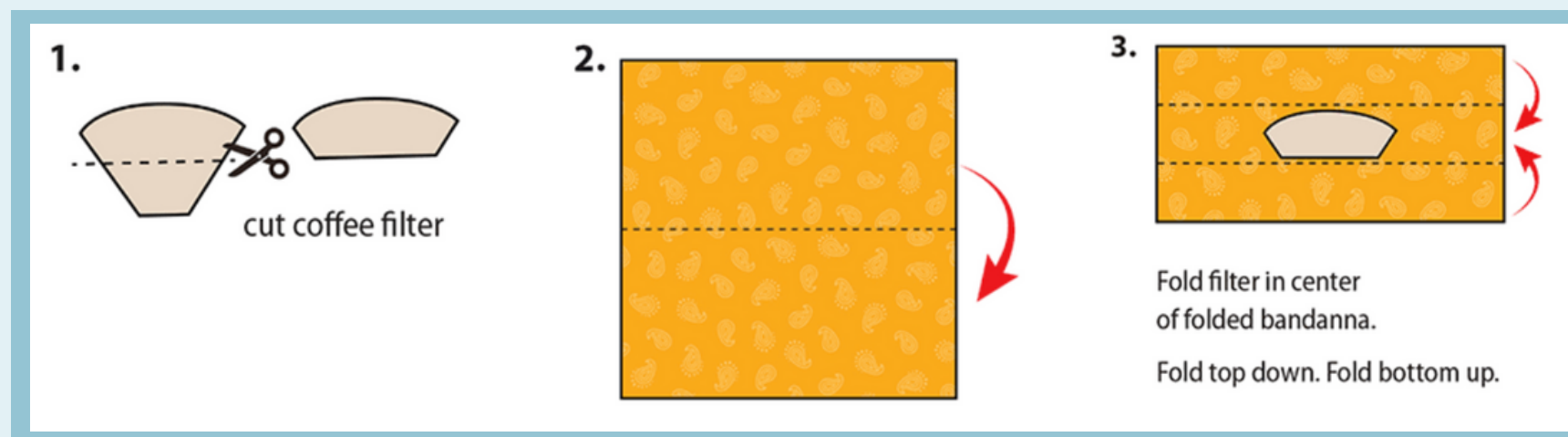
COFFEE FILTER (CONE NOT RIBBED)

RUBBER BANDS (OR HAIR TIES)

SCISSORS (IF YOU ARE CUTTING YOUR OWN CLOTH)



Steps:



SOURCE: CDC WEBSITE

BANDANA FACE COVERING (NO SEW METHOD)

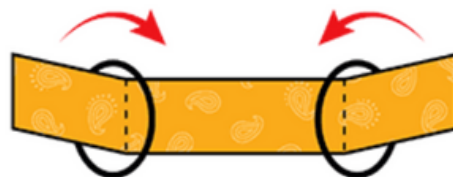
Steps (continued):

4.



Place rubber bands or hair ties about 6 inches apart.

5.



Fold side to the middle and tuck.

6.



SOURCE: CDC WEBSITE

HOW TO WEAR A CLOTH FACE COVERING

CLOTH FACE COVERINGS SHOULD:

- FIT SNUGLY BUT COMFORTABLY AGAINST THE SIDE OF THE FACE
- BE SECURED WITH TIES OR EAR LOOPS
- INCLUDE MULTIPLE LAYERS OF FABRIC
- ALLOW FOR BREATHING WITHOUT RESTRICTION
- BE ABLE TO BE LAUNDERED AND MACHINE DRIED WITHOUT DAMAGE OR CHANGE TO SHAPE



LET'S CONNECT

JOIN STITCH 'N' BEACH ON FACEBOOK

JOIN THE STITCH 'N' BEACH FACEBOOK GROUP TO SHARE YOUR DESIGNS, PHOTOS AND LEARN FROM OTHERS CREATING MAKES!

MASKS FOR THE COMMUNITY!

IF YOU HAVE EXTRA TIME AND OR MATERIALS, WE WOULD LOVE TO HEAR FROM YOU!

RIGHT NOW IS A GREAT OPPORTUNITY TO MAKE MASKS FOR OUR COMMUNITY AND THOSE IN NEED!

CONTACT

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FOR MORE INFORMATION

