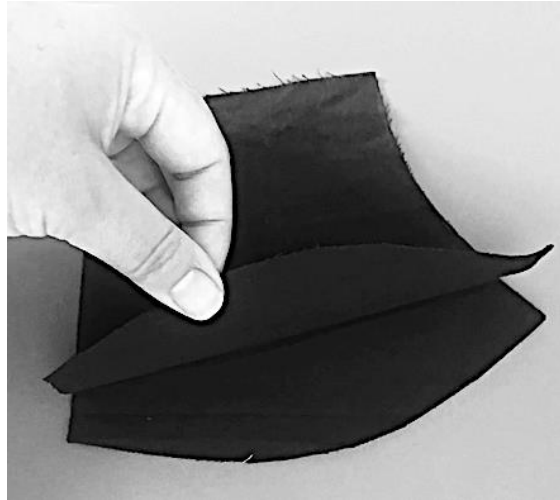




How to Make a Sew Change Face Mask

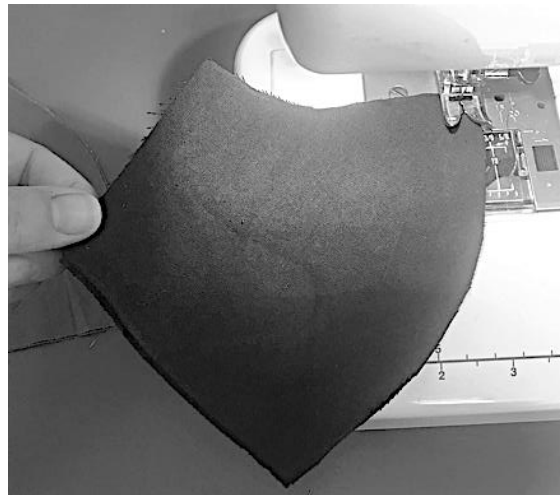
Step 1 – Separate the four pieces of fabric.

Each mask is made up of 2 colours, 2 pieces of each.



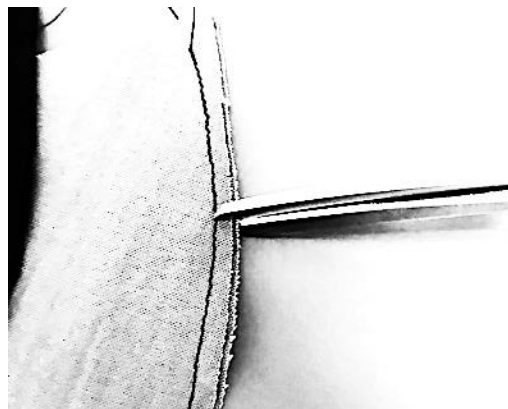
Step 2 – Sew the curved edges together

Placing each pair together, sew the pairs along curved edge, using a small seam allowance and backstitching at each end.



Step 3 - Make small cuts on curve

Taking your scissors, snip carefully along the curved edge. Make 5 cuts at even intervals. Take care not to cut so far as to break the stitches.

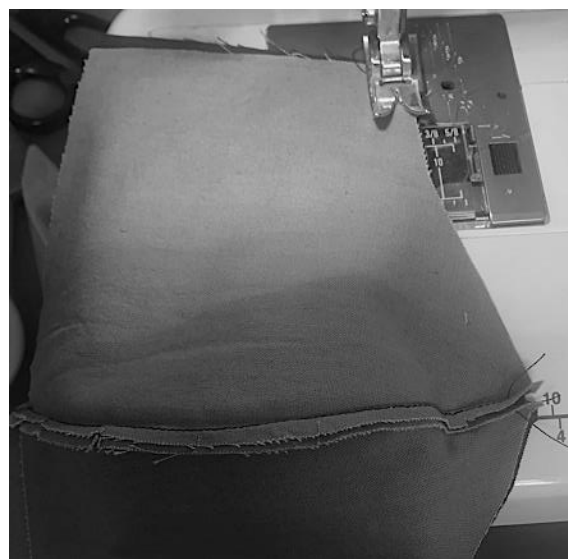


Step 4 - Turn right side out and press each pair with an iron



Step 5 – Sew each side together

Placing the right sides together, sew on both sides from end to end, at the top and bottom of the mask. Backstitching at each end, again using a small seam allowance.



Step 6 - Turn right side out and press, folding in half



Step 7 – insert the nose wire

Take the small metal nose wire and place inside the mask at the centre seam of the top of mask; where the mask will sit on bridge of nose. Hold in place and put directly onto the



sewing machine and sew around the wire in a rectangular shape. Backstitching at each end-you. The zipper foot can be handy here to allow to you get closer to the wire. The idea is that you trap the wire as neatly as possible so that it can't move around too much.



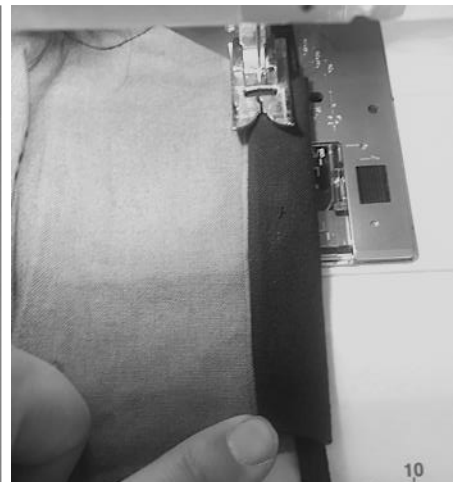
Step 8 – Fold and iron edges

Fold in the raw edges and press. Place elastic with cut end hanging out the bottom of mask



Step 9 – Sew the sides

Fold over and place directly onto machine, sewing very close to the edge so as not to catch the elastic in the stitches - the elastic needs to be able to move freely. Alternatively you can thread the elastic through after you sew, but we find this quicker!



Step 9 - Repeat on other side and iron

Press both sides.



Your Mask is now complete!

When you wear your own mask, place the loop of elastic over your head and tie the loose ends for a secure fit. Pinch the wire gently at the bridge of your nose. Happy and safe mask wearing.



Please keep 3 to 4 masks for yourself, friends, family or people who may need them in your community. Lastly, send back the remaining masks in the self-addressed and stamped envelope (We Make Good, 49 Cadogan Rd, Fairview, Dublin 1). We Make Good and the Irish Refugee Council we will work together to ensure these are delivered to Direct Provision Centres.

If you have any problems please call or text Caroline on 0871357819.

From all the organisations involved - Thank you