

How to make your own facemask

Basic Infection Prevention methods:

- ① washing hands often and thoroughly (for at least 20 seconds) with soap
 - ② wearing masks in crowded places
 - ③ eating well-balanced and nutritious meals
 - ④ making sure you get enough sleep
- Please keep these methods in mind in the current situation

It is said that wearing a mask is an effective way to prevent infection by “Droplet Infection” and “Contact Infection”, which are said to be the major transmission routes of the novel coronavirus infection, but currently there continue to be shortages of masks. Because of this, we are distributing information regarding how to make your own masks for when there are no disposable masks available.

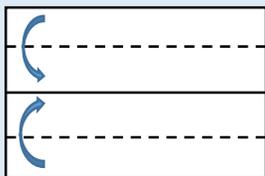
Wearing masks helps to prevent people from touching their mouth and nose or inhaling droplets, but to further prevent infection it is still important to wash hands frequently and thoroughly with soap, keep rooms well-ventilated, and look after your physical condition.

Gauze Version

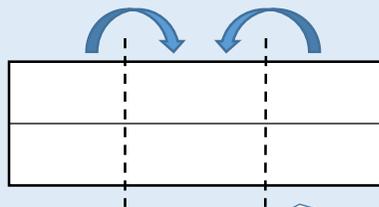
Items Required

- Gauze fabric (* pour water on it and then iron it) 42cm×18cm
- Mask elastic 27cm 2 pieces
- Sewing kit (sewing machine or sewing needle and thread)

① Fold the material from the top and bottom towards the middle



② Fold the material from the left and right inwards into 3 equal parts.



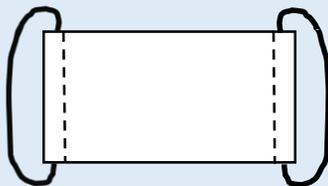
Fold the folded part in about 1cm to get a neat finish

③ Sew 1.5cm from the edge



Make a reverse stitch at the beginning and end of where you sew

④ Pass the elastic through the ends

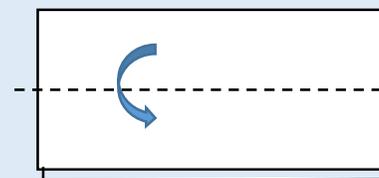


Handkerchief Version

Items Required

- 1 handkerchief
- 2 hair ties, craft elastic, etc.

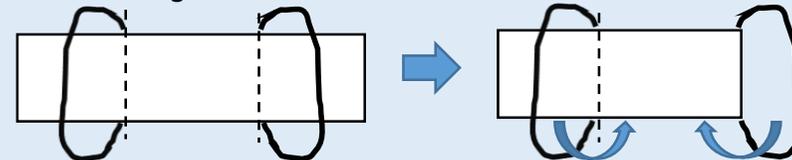
① Fold the handkerchief into four (three if narrow)



Fold in half, then in half again

The folded side is the mouth side (the front is rectangular)

② Pass the elastic around the handkerchief a third of the way along. Fold the handkerchief along the elastic and fold inwards.



* After use, dissolve 10 ml of clothing detergent in 1l of water and soak for 10 minutes, and then dissolve 15ml of chlorine bleach in 1l of water and soak for 10 minutes. Rinse well with running water and drain with a clean towel. Shape and dry as if stretching a cloth.