

Make masks and Help the NHS



Homemade face masks are not medical grade. There is no guarantee that a homemade face mask and materials mentioned in this pattern will protect a user or others around them from COVID-19 or other hazards. Anyone who uses a homemade face mask and materials mentioned in this pattern does so at their own risk.

Teach Me is teaming up with The Looker to get put some craft projects together which can be downloaded from The Looker website – www.thelooker.co.uk – and also at Teach Me's site www.teachmecourses.co.uk

As you know many of our wonderful NHS nurses and support staff need to wear Personal Protective Clothing (PPE). However, we have been informed that the elastic is cutting into their ears and making them sore .

We have created a simple headband that can be made from clean old T shirts or fabric or if your not so good at sewing these can be knitted or crocheted.

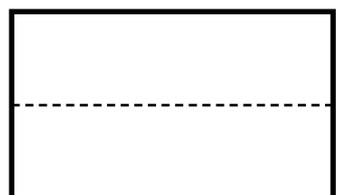
What you Need

- Old T shirt or suitable fabric (some with a bit of Stretch in them is better) Wool if you are knitting or Crocheting them.
- Scissors
- Tape Measure
- Sewing machine/needles, knitting needles or crochet hooks.
- Buttons (large enough to be able to hold the elastic.

Cut the fabric into a rectangle between 18 – 25 inches (46 -54cm) Long x 6.5 – 8 inches (17.5 – 21cm wide). The sizes can vary as not every head is the same size! So, you can use the fabric you have to make different sizes. You could also crochet or knit a rectangle between any of these dimensions.



Fold the fabric in half length ways as shown below



Stitch along the edges where shown – allowing half an inch (10cm) from the stitching to the edge of the fabric to make a tube.

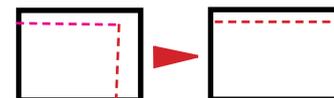


Trim any excess fabric to tidy up the mask. Turn the tube inside out so that the stitching is on the inside.

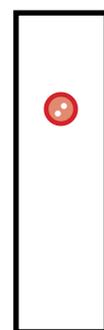
Fold half an inch of fabric (10cm) inside of the open end to neaten the edge.

Tuck the closed end of the tube (a) into the other "open" end making sure that all the fabric on the open end is neatly tucked around the outside of the stitched end of your tube. Pin in place, then hand or machine stitch the two ends closed.

Insert closed end of band inside open end of band



Flatten the tube putting the sewn edges at the bottom. Place a button either side of the tube approx. 5.5" from the bottom



Sew the buttons approx. 5.5 inches (14.5cm) one on each side of the band (The buttons should be attached to the band so they align with the middle of the ear). You can vary this depending on the size of the band.

NOTE! Sewn edges at the bottom

Bands can then be washed OR if you have a steam iron – steam the bands as this will kill off any germs (steam is



very hot, so please be careful!!) This will also press your headbands so that they are neat and then can be put into a clean bag ready for delivery.

Put all items into a sealed bag and deliver them to Teach Me Courses, 3 Cock-reed Lane TN28 8JH and left with Bathtub Beryl! We will then arrange for all items to be delivered to the recipients. If you are a health worker, nurse or carer and would like to receive headbands and masks, please call Yolanda on 01797 364366 or email to: info@teachmecourses.co.uk

No sew fabric masks

There are many versions of simple folded fabric masks; this is one. In just minutes, you'll have something that covers your nose and mouth and will help you keep from touching your face. Make sure you can breathe comfortably when wearing, and wash after every use

Supplies • Clean cotton bandanna, napkin, scarf, or square of fabric, about 20" x 20" or larger. Be sure you can breathe through the fabric. • Two elastic hair ties (this is a great opportunity to use ties that may have stretched out a little, for comfort). Large rubber bands could be substituted.

Instructions

STEP 1 Starting from the bottom, fold the fabric up a few times, until you have 2" (5cm) remaining at the top; fold that area down.



STEP 2 Loop the hair ties over each end of the folded fabric, centering them with about 7 - 8" (17 - 20cm) between the ties.



STEP 3 Fold the left end in, and then the right, tucking the right end into the left end. If desired, use the safety pin to pin through the layers of the two ends to secure.

STEP 4 Place the mask, loop the elastic hair ties over your ears, and adjust for comfort.



How to Sew a Face Mask

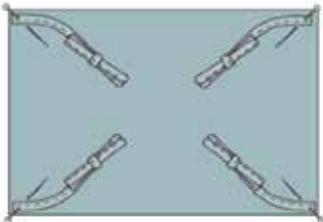
MATERIALS

At least 20 by 20 inches (50 x 50cm) of 100% cotton fabric, such as a flat tea towel, 4 strips of cotton fabric for ties, about 18" (45 cm) long and 3/4" (2 cm) wide - OR 4 flat, clean shoelaces - OR Two flat 1/4" (0.6cm) sewing elastic that are 7" long each.

STEP 1 - Prepare materials

Choose your fabric, wash it on the warmest setting, and dry it on high heat. Fold the fabric in half. Measure and cut out a 9.5 x 6.5" (24 x 16cm) rectangle to create two identically sized layer. This is your mask base.

Now to the fabric ties:



Cut 4 thin pieces of material, about 46 cm and 2 cm wide using the sewing pattern. Fold each piece of fabric twice lengthwise, then once more to tuck the rough edges inside. Sew a straight line along the middle. This will prevent the fabric ties from having frayed edges.

STEP 2 - Adding the ties



Take one of your rectangular fabric layers. With the "right side" (or the outer facing side, where the pattern might be) facing you, pin down the 4 fabric ties, one piece per corner. Make sure that the ties are gathered in the center of the fabric layer before advancing to the next step. Attach to the first layer of fabric by securing the ends at the corners, forming little hoops. Make sure the

elastic lies inside the perimeter of your fabric.

STEP 3

Putting It Together



Take the second layer of fabric and line it up with the first. The "right sides" (or patterned sides) should be facing each other, sandwiching the fabric ties or elastics. Secure the fabric sandwich together with pins.

STEP 4 - Start Stitching



Identify a midway point. From the middle, sew a straight line across the mask, about 14" (35 cm) above the bottom edge of the fabric, toward the bottom left-hand corner. Remove any pins as you sew past them. Make sure that the elastic or fabric ties are secured in the corners, sandwiched by your two layers of fabric, as you sew over their ends. You want to make sure your needle goes through the three pieces: the top layer, the end of the fabric tie, and the bottom layer.

STEP 5

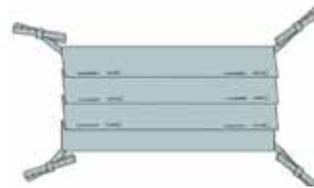
Stitch Around



Stitch around the perimeter of the fabric layers, repeating the forward and backward motion at each corner to secure all the elastic ends or fabric ties.

Continue to stitch your way toward the starting point, but stop to allow for a 1.5" (0.3cm) gap.

STEP 6 - Turn Out

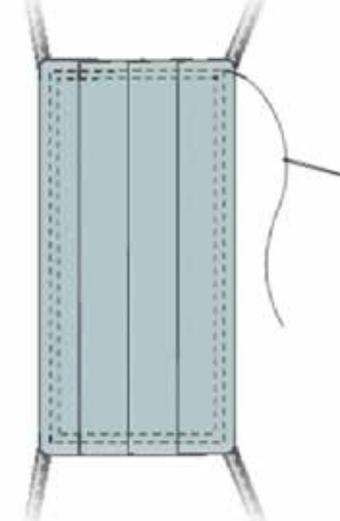


Turn your project right side out from the little 1.5" (0.3 cm). Your fabric ties or elastics should now stick out, like little legs.

Make three staggered pleats length wise on the mask, as if folding a paper fan. This helps the mask conform to the wearer's face. Secure each pleat with pins.

STEP 7 - Finishing Up

With your pleats held in place by pins, stitch around the perimeter of the mask, 1/4" (6 mm) from the edge



of the seam. This is called a top stitch. Take care when stitching the pleats as the fabric may be quite thick. Top stitch a second time around, about 1/4" (6 mm) in from the first round of stitching. Now you have a completed mask

NHS staff have to reuse masks and hold breath



Doctors and nurses are being forced to reuse masks and to hold their breath when carrying out medical procedures due to a lack of protective equipment, it has been claimed.

Dr Rinesh Parmar, chairman of the Doctors' Association UK, said a survey of medics had found that almost half say they have no eye protection at all, as he raised concerns about the safety of NHS frontline staff fighting coronavirus.

He also called for more to be done on testing, claiming doctors were going to centres to be checked, only to be turned away because their names were not on the list.

Dr Parmar said it had been two weeks since Health Secretary Matt Hancock pledged to "ensure that the right equipment gets to the right doctor, the right hospital, the right GP practice and we've seen that sadly that's still not happening".