

## Can you, or someone you know, help to make face coverings for people in your neighbourhood?



Following the government's advice to wear face coverings, buzz Health & Wellbeing Service are asking anyone who enjoys sewing to help make face coverings for people in your community and all the communities across Manchester who need them most. Please can you help?

- See below for instructions on how to make a face covering.
- Please only use washed 100% cotton fabric that is new or like new.
- Do not make, send or deliver masks or materials if you have [COVID-19 symptoms](#).
- Thank you for your support!

### REMEMBER:

Face coverings are not a replacement for social distancing and regular handwashing which remain the most important actions, says Chief Medical Officer. For more informant visit [gov.uk](http://gov.uk)

Please drop off completed face coverings at:  
Levenshulme Inspire  
747 Stockport Road, Manchester M19 3AR  
0161 850 5717

To connect with buzz for more info please contact your local Neighbourhood Health Worker:  
Noah Mellor  
T: 07484 546 326 or 0161 271 0501  
E: [noah.mellor@gmmh.nhs.uk](mailto:noah.mellor@gmmh.nhs.uk)

## Making a sewn cloth face covering – Suggested design

Guidance from [gov.uk](https://www.gov.uk)

You will need:

- two 25cm x 25cm squares of cotton fabric
- two 20cm pieces of elastic (or string or cloth strips)
- needle and thread
- scissors



Two squares of  
fabric 25cm x 25cm



Two pieces  
of 20cm elastic



Scissors



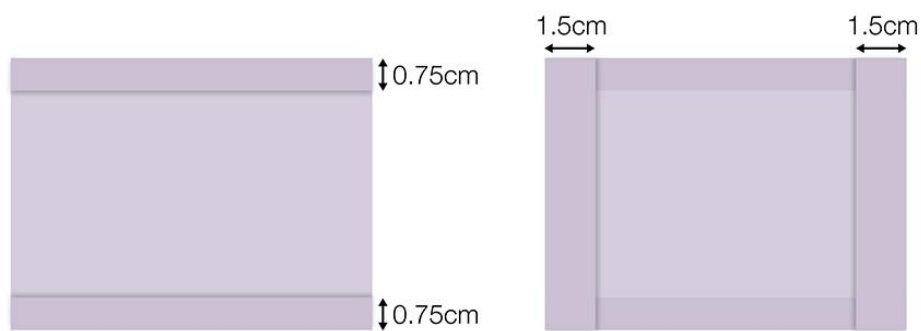
Needle and thread



Sewing machine (optional)

**Step 1:** Cut out two 25cm x 25cm squares of cotton fabric. Stack the 2 squares on top of each other.

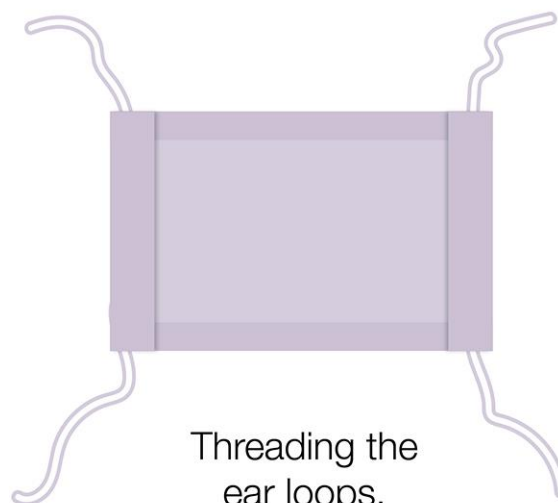
**Step 2:** Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.



Fold over  
the top and bottom  
and hem

Fold over  
the sides  
and hem

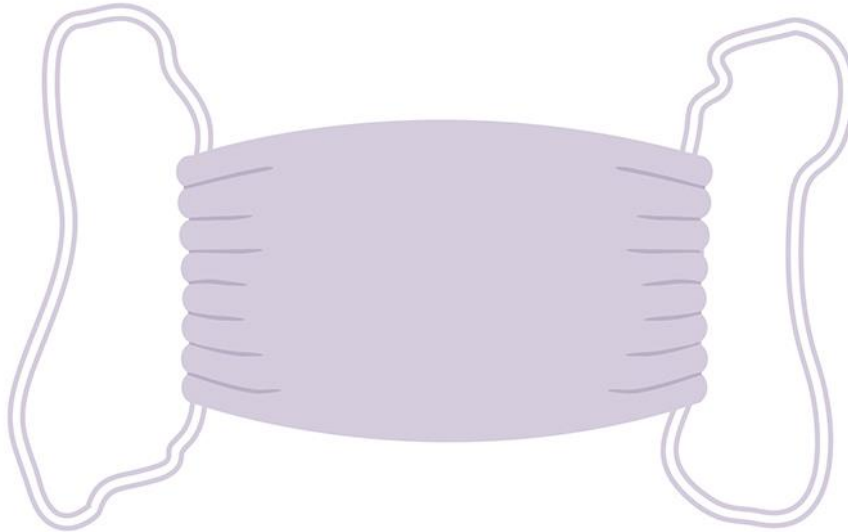
**Step 3:** Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly.



Threading the  
ear loops,  
sewing into place

If you only have string, you can make the ties longer and tie the covering behind your head.

**Step 4:** Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.



Completed face  
covering, knots tucked in,  
cloth slightly gathered

Face coverings should not be used by children under the age of 2 or those who may find it difficult to manage them correctly. For example, primary age children unassisted, or those with respiratory conditions.

This information is a guide to making a simple face covering. We do not endorse any particular method and other instructions are widely available online. Always take care to use equipment safely to avoid injury. Children should only follow these instructions under the supervision of adults.

### **Government Advice**

**The public has been advised to wear face coverings in enclosed public spaces such as shops and on public transport such as bus's, coach's, train's, tram's, ferry's and aircraft. Passengers must wear a face covering on public transport to help reduce the risk of transmission.**

**The public have also been urged not to buy medical grade masks so they can be saved for frontline health and care workers, and instead make their own face coverings at home.**

buzz

Manchester  
Health & Wellbeing  
Service



**The guidance remains to work from home if you can and avoid public transport where possible. For more information visit [gov.uk](https://www.gov.uk)**

**To find out more about buzz please visit [buzzmanchester.co.uk/](https://buzzmanchester.co.uk/)**

**To find out more about Recovery Pathways please visit [gmmh.nhs.uk/recovery-pathways](https://gmmh.nhs.uk/recovery-pathways)**