



# DIY Zero Waste Face Covering

Upcycled Design by Zero Waste Makers

EcoArt

EcoArt is a small charity harnessing the transformative power of art & creativity to respond to the environmental crisis.

Our Zero Waste Makers are into upcycling, plastic reduction, zero waste & making DIY alternatives to mass produced everyday items. They share creative skills that help us to live more sustainably.

Would you like to be a Zero Waste Maker too? Easy. Join the group for information, support & to find out about upcoming projects & classes. These classes are free. Donations welcome

[www.facebook.com/groups/ZeroWasteMakers](https://www.facebook.com/groups/ZeroWasteMakers)

Reusable face coverings are intended to help you stop touching your face, protect others if you're unwell & may provide some protection from airborne virus droplets. Ideal for when you go shopping, travel on public transport or where social distancing is difficult.

**Best practice is to wash your mask after every outing. If wearing for prolonged periods, allow to air when possible or change after a few hours. Machine washable. Stay Safe**

Appreciate what we're doing? Please like us & share your face coverings photos & news  
[facebook.com/EcoArtCharity](https://facebook.com/EcoArtCharity) [instagram.com/EcoArtNews](https://instagram.com/EcoArtNews)

To help keep us sharing & gifting, please, if you can, give back by making a donation  
EcoArt SCIO sort code 23-14-70 account # 26964387

Thank you very much

## 2 Fold Face Covering Sewing Instructions

Please reuse what you have at home rather than buying new

### You will need:

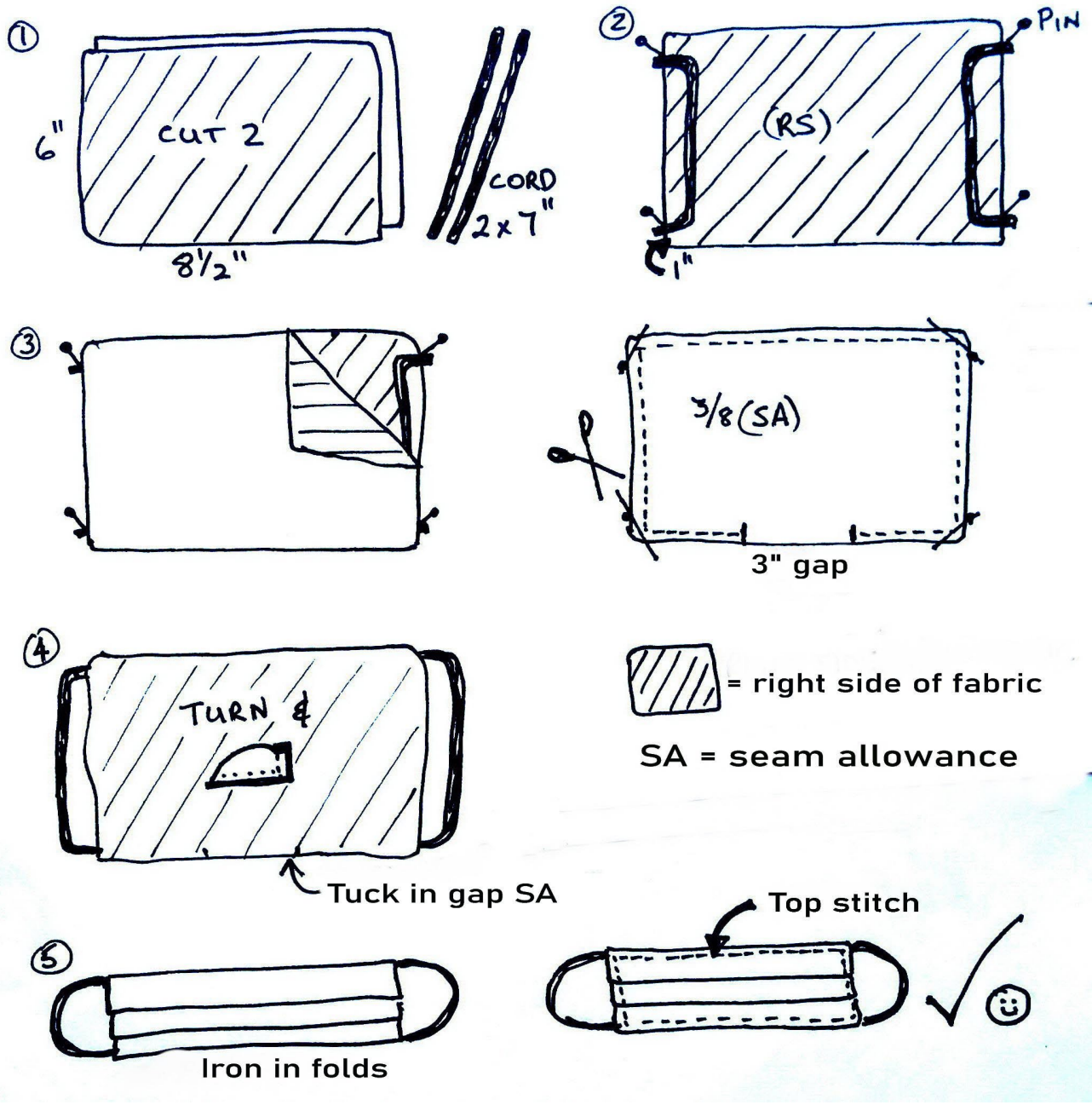
Fabrics - use any medium weight fabric with a tight weave if possible. Cotton or cotton blend are ideal.

You can cut up old clothing like pyjamas, shirts, a pillowcase or duvet cover. Even curtains, jeans or tablecloths

Needle & thread or sewing machine. Scissors, ruler/tape measure, paper/card, 4 pins/safety pins, iron (optional), elastic cord OR elastic bands tied together/washed bicycle inner tube in 1/8", 3mm strips/1"/ 2.5cm horizontal strips of t-shirt stretched to form cord.

### How to:

1. Make a paper/card pattern template. 8.5"w x 6"h /22 x15cm. This size will fit small/medium. Please add an inch to width and height for a larger size. Use it to cut 2 fabric pieces. Layer up fabric to save time if making more than one.. Have fun mixing your fabrics. Cut 2x7"/2x18cm of 'elastic'
2. To the right side (RS) of 1 pattern piece, pin the 'elastic' loops to each side, 1"/2.5cm up/down from top & bottom edge. They should face inward. Have loop ends 1/4" 5mm sticking out.
3. Place the 2<sup>nd</sup> pattern piece on top, (right sides together). Sew them together using 3/8" (1cm) seam allowance (SA) leaving a 3"/7.5cm gap at the bottom. Trim points off the corners.
4. Turn through the gap and poke out your corners. Iron making sure the SA at the gap is tucked in
5. Make 2 folds around 1/2" 1.5cm deep across fabric. Don't worry about exact measurements. Iron to set folds or just pin pleats if you prefer. Top stitch 1/4" 0.5cm in all the way round or to save time, just sew the pleats down & sew the gap closed.



**Well done, you've just helped the environment by reusing & reducing plastic use**

Switching from font 'Ariel' to 'Century Gothic' reduces your ink use by 30%  
 Recycling a single 330ml aluminium conserves enough energy to power your TV for 3 hours  
 It costs more to make the plastic water bottle than the water in it. 13 billion bottles made every year  
 7.7 billion people on the planet yet we produce 88 billion garments annually - that's 11.4 each

**People & Planet before Profit**

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