#10MillionMasks

Africans are courageous and compassionate, skilled and resourceful.

We call on you to help us get 10 million handmade masks to people who need them: sew a mask, donate fabric, become a coordinator.

Together we can slow the virus and buy time to breathe.

join@10millionmasks.africa

1 Make masks

Take 10 minutes to change the world.

You probably have everything you need right at home.

- If you run out, we are busy organising packs of fabric and cotton at your local drop-off bin.

- The choice of fabric, the pattern and the instructions are on the next page.

If you have fabric to donate, contact us for the closest drop-off point.

2 Spread the word

Spread the love. Not the virus.

Get everyone you know to join the movement.

- Photograph your process, your finished mask, whatever it takes to challenge your friends to join the movement.

- Go social: Twitter, Instagram or Facebook.
Hashtag: #10millionmasks.

3 Donate your masks

There are people who need them.

- Wash your masks in hot water to kill off any germs. Put them into a clear plastic bag, together with the label (that you will find on the last page of this document).

- Drop your packed mask at your closest drop-off bin. Contact us to find the closest one to you.

- We are also looking for regional coordinators. This could be you. Join us to do your bit.

Homemade masks are not as good as medical masks, but they are better than nothing.

Email join@10millionmasks.africa | WhatsApp or phone 064 612 7092 | Facebook DM @10millionmasks | Twitter @10millionmasks | Livechat www.10millionmasks.africa

Checklist

- ☐ cotton fabric
- ☐ elastic, ribbon, or strips of fabric
- ☐ this pattern
- ☐ pencil, pen, or chalk, to trace the pattern
- ☐ Pins
- ☐ sewing cotton (thread)
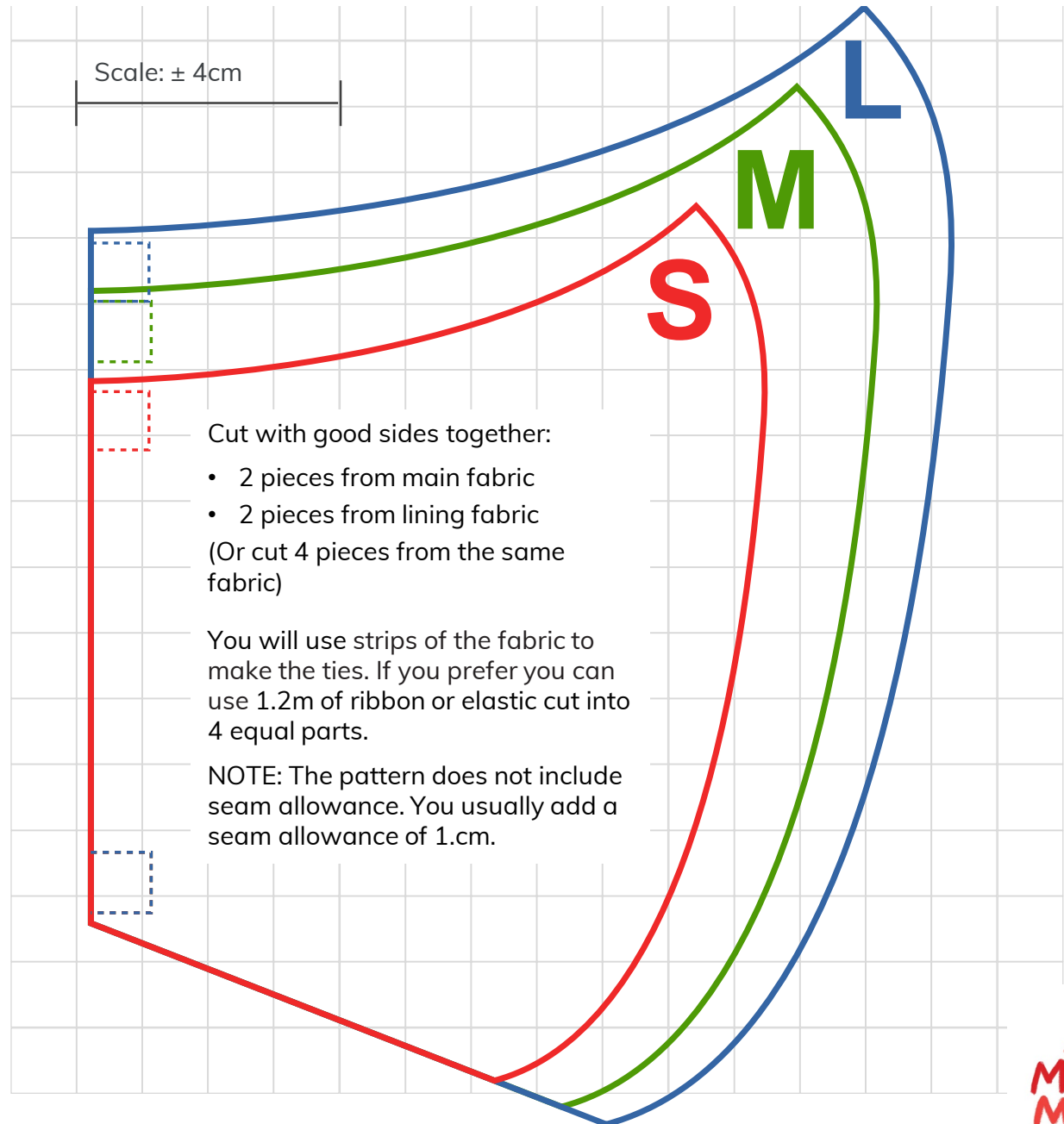- ☐ needle or a sewing machine
- ☐ scissors

Scientists say that homemade masks can help, and cotton works best.

Cotton offers the best balance between breathability and protection, so use an old pillow case, a T-shirt, or even light denim or shwe-shwe.

(https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/)

If you do not have a printer, trace the pattern from your monitor. The grid is 1cm x 1cm. It does not have to be exactly the same size as you will still add on a seam allowance.

Scale: ± 4cm

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Cut with good sides together:

- 2 pieces from main fabric
- 2 pieces from lining fabric

(Or cut 4 pieces from the same fabric)

You will use strips of the fabric to make the ties. If you prefer you can use 1.2m of ribbon or elastic cut into 4 equal parts.

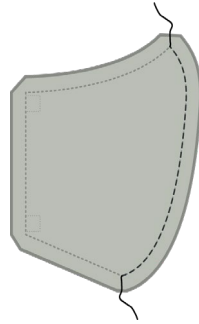NOTE: The pattern does not include seam allowance. You usually add a seam allowance of 1.cm.

#10 Million Masks

1. Cut out the fabric

- Cut with the good sides together.

2. Join the centre seam

- Join the curved seam that is the center of the mask. Do this by placing the good sides together and sewing them in place.

- Repeat this step for both the outer (main) fabric, and the inner (lining) fabric.
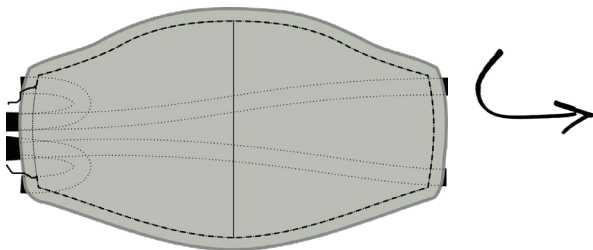
3. Press the centre seam

- Iron the seam allowance on the centre seam open so the seam lies flat.

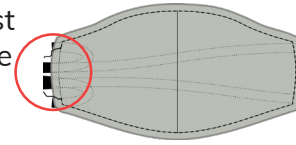- Repeat this step for both the outer (main) fabric, and the inner (lining) fabric.

This pattern was designed by Joost De Cock from freesewing.org. Here is his instruction video. **https://youtu.be/VcQ69_ANsRA**

4. Sew the outer to the inner fabric and attach ribbons or elastic

- Place your lining fabric with the good side up.

- Place two ribbons, elastic or strips of material, on the corners of one side. They should peek out just a bit from the edge of the mask. The rest of the ribbon should be inwards, on top of the material.

- Place the main fabric on top of the lining, with the good side down.

- You should now have both layers of your mask on top of each other, with good sides together and 2 ribbons sandwiched between them.

- Pin through ribbons and layers to keep them in place on both sides.

- Sew around the mask, **making sure to leave one side open so you can turn the mask inside-out later.**

  Be careful not to catch any of the ribbons inside the masks. (You can guide them through the opening you leave on one side, or bunch them up in between the masks of your layer to keep them out of the way.)
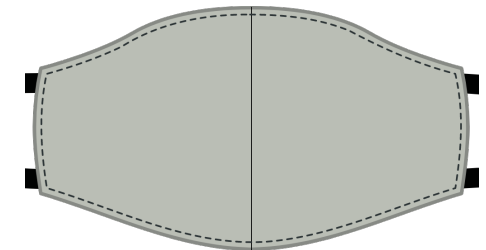
5. Turn the mask inside out

- Turn your mask inside out so that the correct side of the fabric is on the outside. (Reach your hand into the side you left open and carefully pull the mask through to do this.)

6. Iron the mask

- Make the mask neat and tidy.

7. Close open side of mask and edge-stitch around mask

- Make sure the open side is folded neatly inside, then edge-stitch around the entire mask. This will close the hole on the side and give the mask and lining extra stability.

8. Now make more!

That's it! You can now wear your mask.

Photograph it and upload it to Facebook, Twitter or Linked-In. Challenge everyone you know to make more. Together we can beat this thing.

#10 Million Masks

DO THE FIVE

1. **Hands**: wash them often
2. **Elbow**: cough into it
3. **Face**: don't touch it
4. **Space**: keep safe distance
5. **Home**: stay if you can

#10 Million Masks

KEEP YOUR MASK STERILE
Always wash it in soap and hot water before you wear it.
www.10millionmasks.africa
WhatsApp: 064 612 7092

SA OFFICIAL INFORMATION
WhatsApp: 060 012 3456
https://sacoronavirus.co.za
@HealthZA

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