

Instructions for face mask

The Ministry of Health and Sports in Myanmar recently announced their guidance on face masks usage for the prevention and control of COVID -19.

Some of their key recommendations are as follows:

Using a mask alone cannot stop the spread of corona virus.

- MOHS do not recommend N-95 masks for the general public
- Surgical mask should be used in operation rooms, dental clinics and in medical facilities
- For non-medical staff and healthy individuals, it is recommended to use a cloth mask
- Healthy people do not need to wear mask at home, but it is recommended to use a washable cloth masks in the following conditions

- (1) if you go to crowded places/areas (public transportation, markets, meeting, etc)
- (2) if you are working in conditions where physical distancing is impossible (the distance between two individuals is less than 2 meters/6 feet)
- (3) if you are working in a closed space/room with poor ventilation



Face Mask made with the CDC (Centre for Disease Control and Protection) recommendation

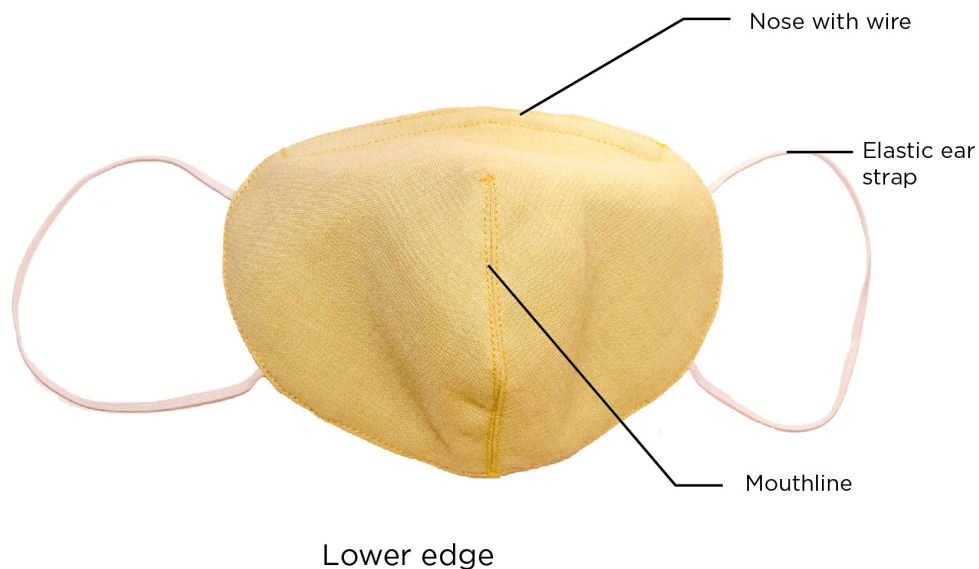
‘How to Wear a Cloth Face Covering’

Side view of an individual wearing a cloth face covering, which conceals their mouth and nose areas and has a string looped behind the visible ear to hold the covering in place. The top of the covering is positioned just below the eyes and the bottom extends down to cover the chin. The visible side of the covering extends to cover approximately half of the individual’s cheek.

Cloth face coverings should—

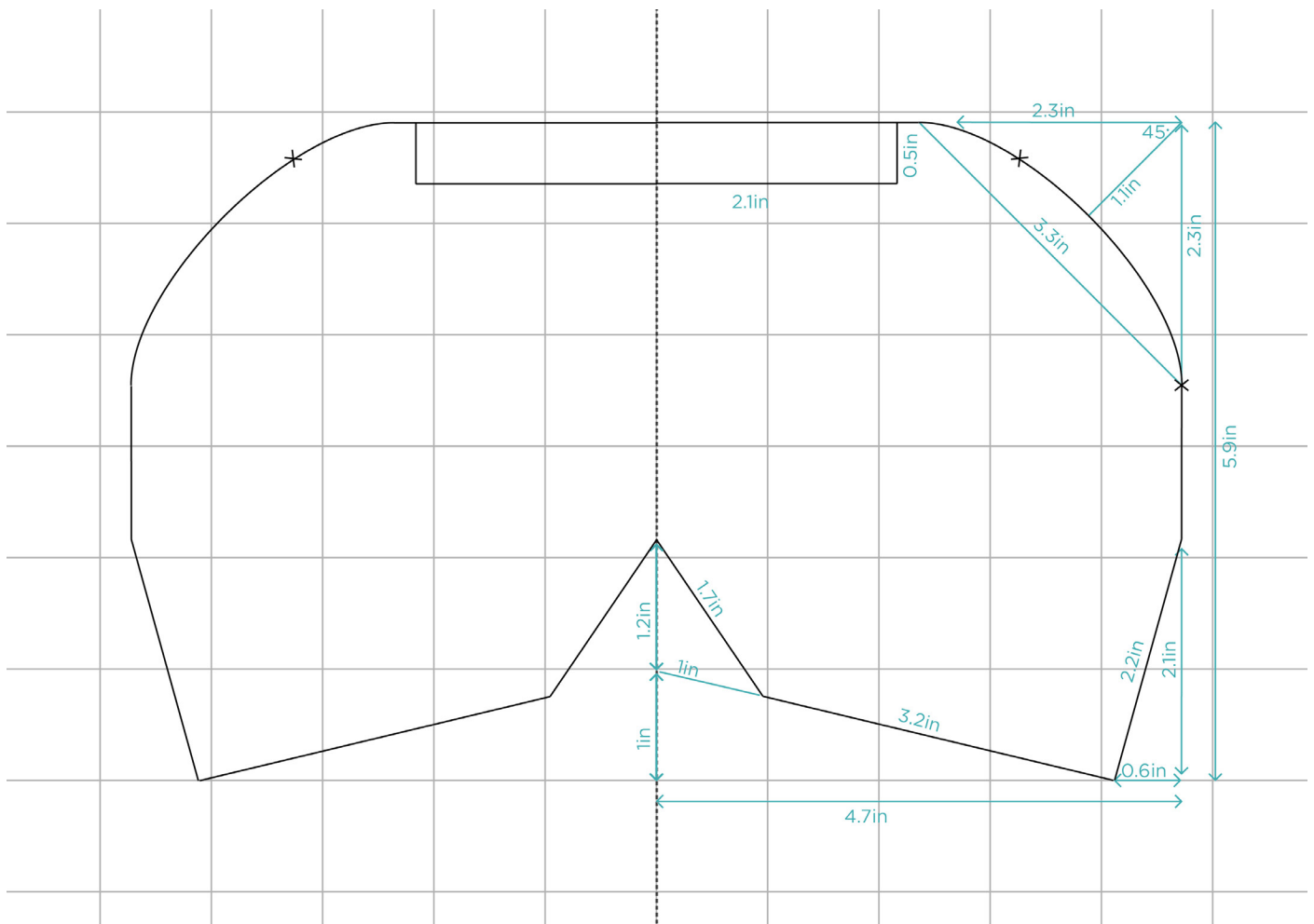
- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape”

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



Not for medical use. This mask is for non-medical workers and general populace and is to be used in addition to observing social distancing rules.

1/4" seam allowance
3" Pocket for nose wire
4 marks for ear strap position



What do you need?

1. 100% cotton or 60/40% cotton/poly woven fabric of 180+ count. Examples: sheeting, shirting, calico, chambray, lightweight drill, light weight denim, tea towels.
Old clothing: shirts, longyi, pyjamas

How do you know if it is right to use?

Fabric with a high fabric count should be used: 180 and above. You should not be able to see the light through the fabric, but you have to be able to breathe through it without difficulty

(a) Hold the fabric up to a bright light. If you can see easily through the fibres and can see the fibres themselves, it is not a good fabric. If not much light passes through, this is a good fabric to use.

(b) Hold it to your mouth. If you cannot breathe through it, it is too thick.

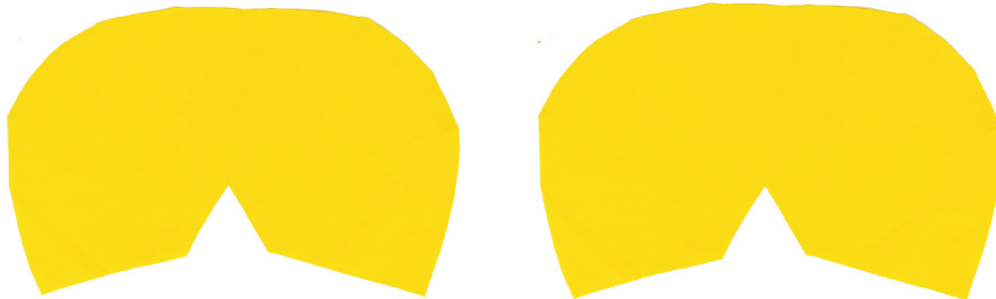
2. 100% cotton knitted jersey fabric:
(Example: t-shirt material)
3. Elastic: 1/4" wide
4. Wire: flat or round wire that can hold its shape. This can be excluded.
5. Thread for stitching

How much do you need?

1. 1 yard of 51" wide fabric for 15 masks
2. 5 ft of 44" wide fabric of 30 masks
3. 2x 8' (16')
4. 3"
5. 4 yards

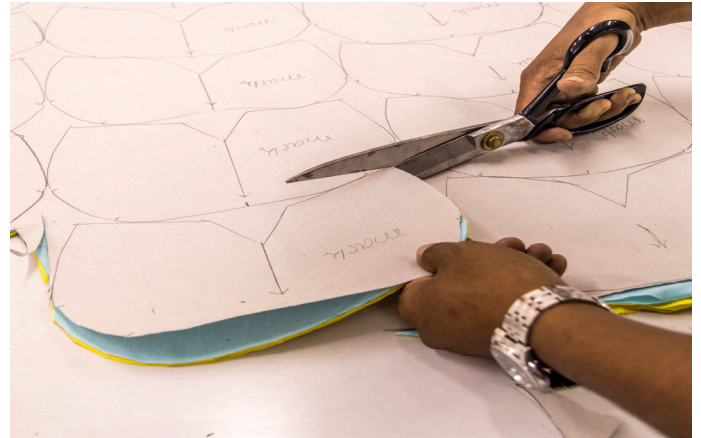


1 x Knitted Cotton Fabric

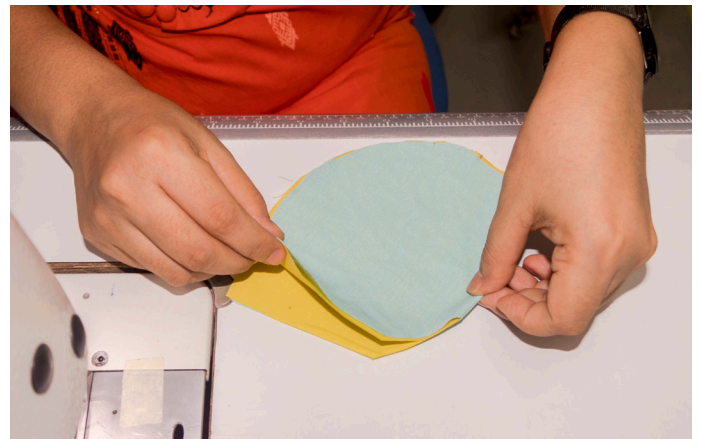


2 x Woven Cotton Fabrics

Cut 2 pieces of woven cotton
Cut 1 piece of knitted cotton
Mark the position of the ear elastic and the nose wire with a small cut/snip.



Put 1 woven piece and 1 knitted piece together and fold in the middle



Close the mouth line on the outer layer with 1/4" seam-allowance



Take the other woven piece for the inner layer and fold in half. Close the mouth line on the inner layer



Open the seam of the outer mask; stitch down both sides of the seam with edge stitch



Stitch the seam allowance to one side with edge stitch



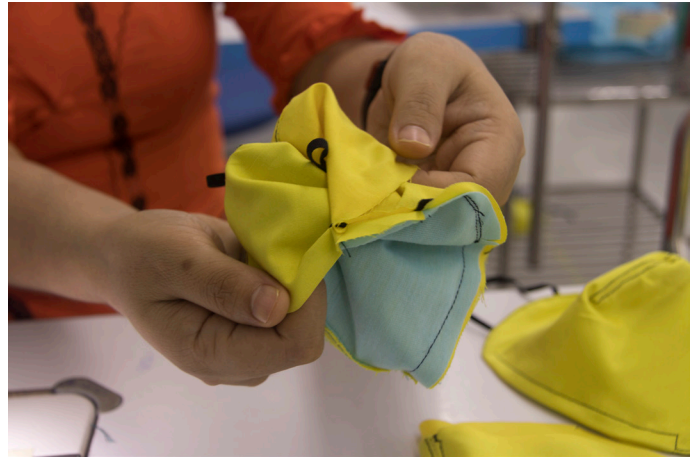
Cut two pieces of elastic 8". Place on the position marks and stitch onto the outer mask.



Stitch inside and outside mask together. Leave the nose area between the notches open (do not stitch).



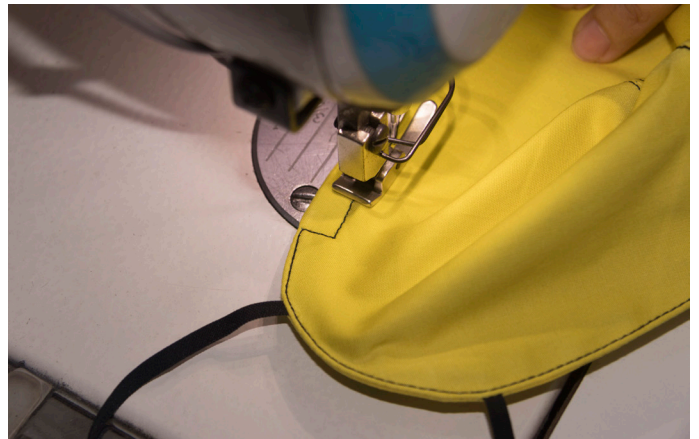
Turn the mask the right side out through the hole



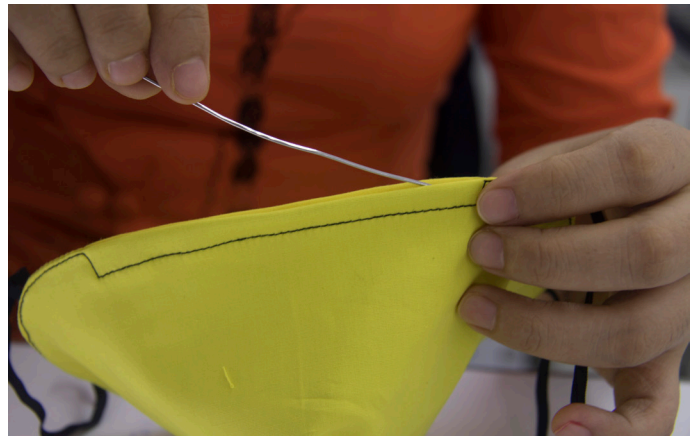
Edge stitch the mask all around. Leave the nose area between the notches without stitching



Stitch the nose area 1/4" from the edge to create a pocket for the nose wire



Cut the wire 3". Put the wire into the pocket



Edge stitch the pocket closed.



Your mask is finished

Wash in hot water (60 degree) and soap and dry in the sun before using.
When removing, do not touch your face.



For more information watch this

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Stay safe



Aung Myin Hmu is also supporting factories to make bulk orders of mask.
Please get in touch with [Aung Myin Hmu](mailto:enquiries@aungmyinhmu.org) if you have any questions or would like more information.

Office: 09-425 847 821

Email: enquiries@aungmyinhmu.org

Address: Pin Lone hall, Min Ye Kyaw Swar Road, 43 Quarter, North Dagon, Yangon, Myanmar.

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