Niedersächsische LOTTO-SPORT-STIFTUNG
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Sewing instructions - Makeshift Face Mask

Wear a makeshift face mask and show solidarity.

For minimising the infection of other people

! No self protection against infection !

The Idea:

The Federal Government now "urgently" recommends wearing masks.

Wear a makeshift face mask and show solidarity.

Sewing and wearing a makeshift face mask and thus making a small contribution against the spread of the corona virus.

Self-stitched face masks are a makeshift, but we should leave the medical face masks to the heroes of the health system. Nevertheless, we can make a small contribution against the spread of the corona virus with the self-made makeshift face masks. A self-made makeshift face mask can at least serve as "spit protection", because we can't be absolutely sure that we are not a symptomless virus carrier. So with such a mask we protect others. The droplets of fluid that are produced when sneezing, coughing, speaking and breathing can thus be stopped ahead of time. In addition, the mask can also prevent people from touching their face too often and possible viruses being transferred from the hands to themselves through "smear infections". A really great side effect can be that, by wearing the mask you signal "I have realised the seriousness of the situation" and thus demonstrate your solidarity with the risk groups.

Meanwhile there are numerous initiatives that sew makeshift masks and donate them. Surely you will find one in your area where you can help.

But also as a private person you have the opportunity to make a meaningful difference with your self-sewn makeshift face masks.

For example, you can distribute your makeshift face masks to neighbours and friends who cannot sew a mask themselves. It is best to throw them into the mailbox with a small greeting, so please hand them over without any contact.

There are many sewing instructions on the net. The Foundation has also designed a makeshift mask that is very comfortable to wear, but not difficult to sew. Have fun sewing, giving and helping.

IMPORTANT NOTE:

At present, different opinions about the effect of wearing makeshift face masks are circulating among the public. Some experts deny that the masks have a relevant effect and others advocate the wearing of these masks. Of course, self-made makeshift masks do not offer the same protection as professionally manufactured masks. At least this study (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2440799/) seems to indicate that they still have a positive effect also as protection against one's own infection.

In addition, self-sewn makeshift face masks have another great advantage: they do not buy away the protective masks with greater protection from the medical staff, which are urgently needed here.

For those who want to deal with this topic further, here are a few more articles recommended:

https://www.tagesschau.de/inland/corona-maskenpflicht-virologe-101.html

https://www.tagesschau.de/inland/corona-deutschland-mundschutz-101.html

https://taz.de/Baumwollmasken-machen-Sinn/!5670920/

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Here we go:

This is what you need:

Consumables:

Cotton jersey (hot-washabler)
20 cm x 20 cm (2x)

Cotton fabric 60 cm x 5 cm

Elastic strap 41 cm

Filing strip with metal clip

Sewing thread

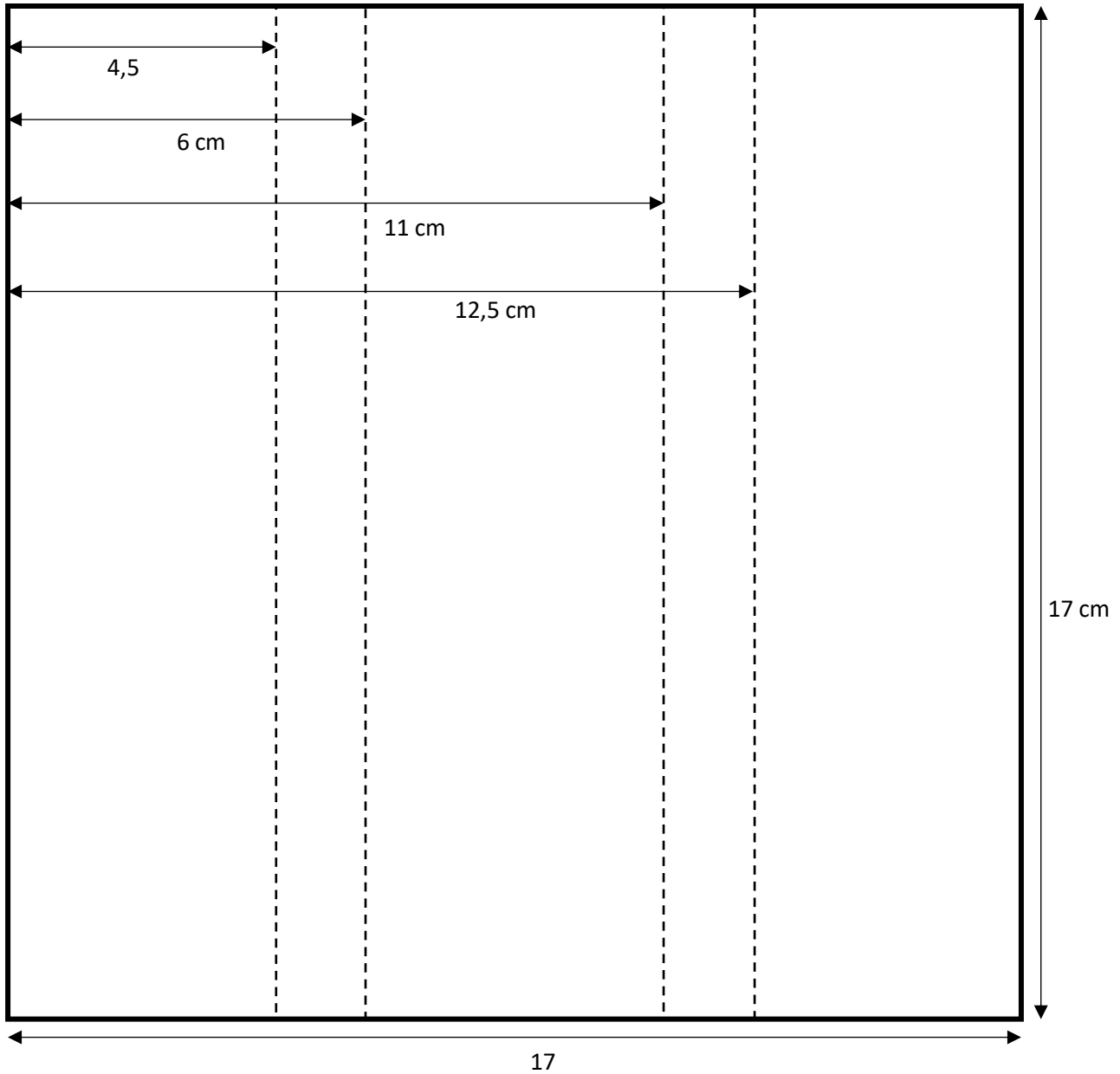## Useful auxiliaries:

Cutting pattern (see template)

Sewing machine

Scissors

Pins

Iron

Ruler

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The cutting pattern:

4,5

6 cm

11 cm

12,5 cm

17 cm

17

You can either pring this page, our you draw it for yourself according to the measures.

When printing you should double-check that it was done in the original size. Please just measure.

Cut two squares (17 cm x 17 cm) from the jersey fabric in accordance with the pattern.

Place the fabric inside out and smoothen it, (the nice sides of the fabric are both outside).

Then fold along the dotted lines on the pattern. (These lines are approximate and do not have to be followed meticulously).
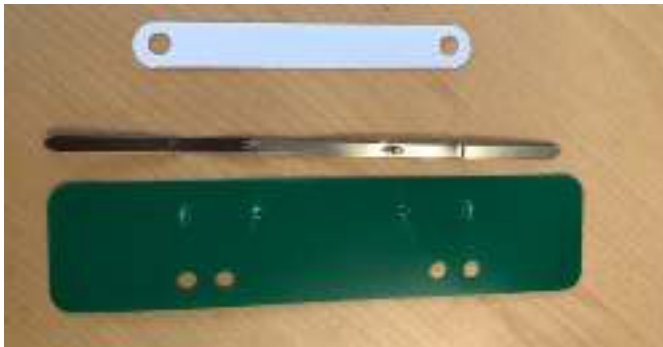

Iron the pleats smooth and fasten with two pins. Now the piece should have an approximate height of 10 cm, smaller deviations are completely ok.

Cut two 17 cm long strips from the cotton strip and pin them to the front of the mask at the top and bottom.

Topstitch the strips 0.6 cm from the edge (1cm seam allowance).

Carefully remove the metal clip from a filing strip.

Place the metal clip on the centre of the upper cotton strip and fold over the strip fabric.

Turn everything and fold the cotton fabric and then pin it to the seam edge.

Stitch the turned over, pinned cotton strips from above (side of the outer fabric).

Cut two cotton strips for the sides so that the strips are 3 cm longer than the mask is high.

Fold in and iron-fix the protrusion. Now pin it flush outside out on the front side.

Sew the cotton strips to the sides.

Turn the sides over...

...and staple an 20.5 cm elastic strap to each side.

One more time of stitching up and the makeshift face mask is ready!

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Ready!

CONGRATULATIONS AND THANKS FOR YOUR EFFORTS.

To distribute to friends and acquaintances, you can create your little greeting on this page.

✂ -
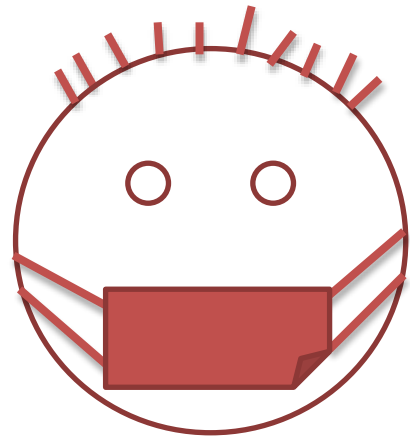
This is NieLSS.

NieLSS is wearing a self-sewn makeshift face mask.

This is how NieLSS protects other people against an infection.

NieLSS ist smart and supportive.

Be like NieLSS!

Dear …..

I have made a makeshift face mask for you.

By wearing it you can signal „I have realised the seriousness of the situation" and demonstrate your solidarity with the risk groups.

Set a sign and wear the mask in public.

I wish you all the best and look forward to seeing you again. Stay healthy.

Best regards,

Information on the project at: https://www.lotto-sport-stiftung.de/aktuelles/behelfsmaske-tragen-und-solidaritaet-bekennen/