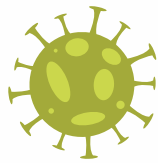
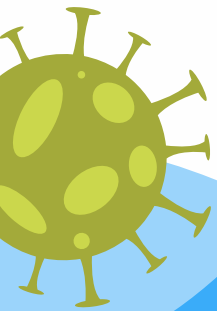


Corona Virus (COVID-19)

Dear VLE,
Social distancing and personal hygiene are keys to preventing Coronavirus infection. Doctors have suggested that homemade face masks are good enough for use of people who are not suffering from any medical conditions or having breathing difficulties. This will help in protecting the community from the pandemic.

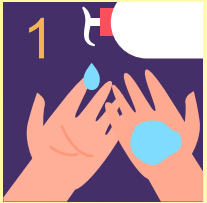


However, home made face masks should not be used by health workers or patients suffering from Coronavirus symptoms.

It is recommended that two sets of home made face masks be used so that one can be washed while the other is used.

Hand washing regularly is an essential criteria

HOW TO WASH YOUR HANDS



With our country facing increasing numbers of cases under Coronavirus pandemic on one hand and shortage of masks on the other hand, VLEs are requested to pitch in their efforts to produce masks at their local level and distribute among the citizens to safeguard their health.

Double layer Cotton masks developed in-house and washed in soap water are effective against Coronavirus.



You can easily make a mask at home

A step by step process to making cotton masks is given below:

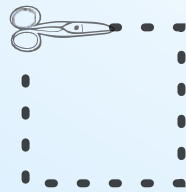
Making a Mask using Sewing Machine

Material Required:

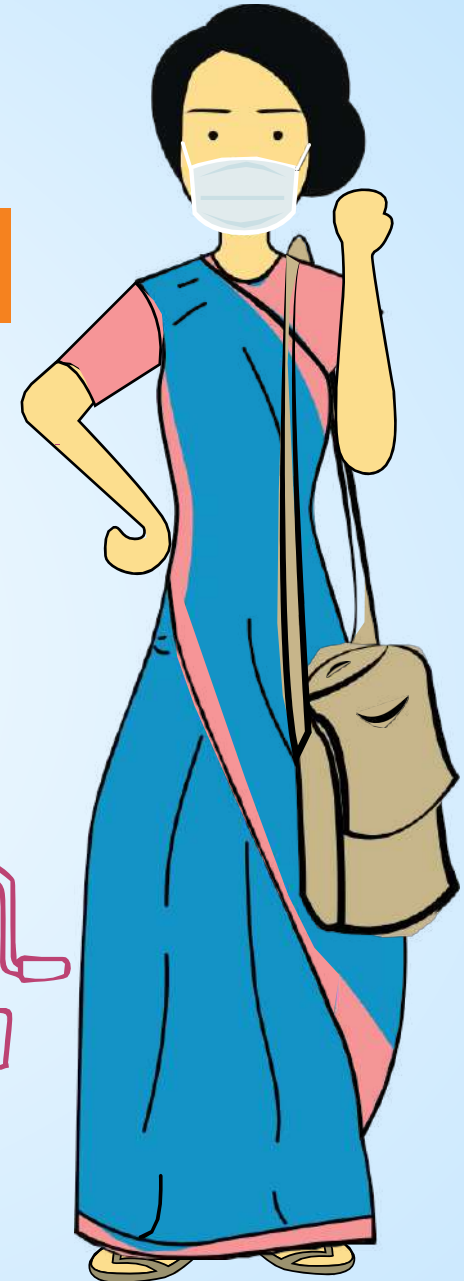
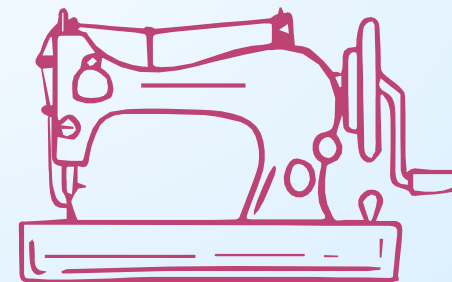
Any used cotton cloth which is washed in boiling water

Instructions:

1. Cut cloth for the mask as required: Adult (9 x 7 inch)/ Child (7 x 5 inch)



2. Cut 4 strips for tying and piping from cloth. (2 pieces of 1.5 x 5 inch and 2 pieces of 1.5 x 40 inch)



Process demonstrated below is for Adult Size Mask



Take the cut fabric, attach the 1.5x5" strip to be used as piping to the fabric on one end as shown.



Create three downward facing pleats of approximately 1.5" each folding cloth as shown.



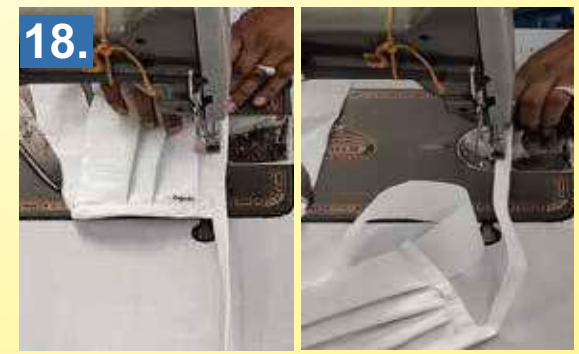
Turn the pleated cloth to the other side and repeat steps for pleating on this side as shown above. Once the pleats have been made, the height of the pleated cloth will be reduced from 9" to 5".



Secure the pleats with piping on both sides as shown above. *Take extra care to keep all pleats facing downward as shown.*

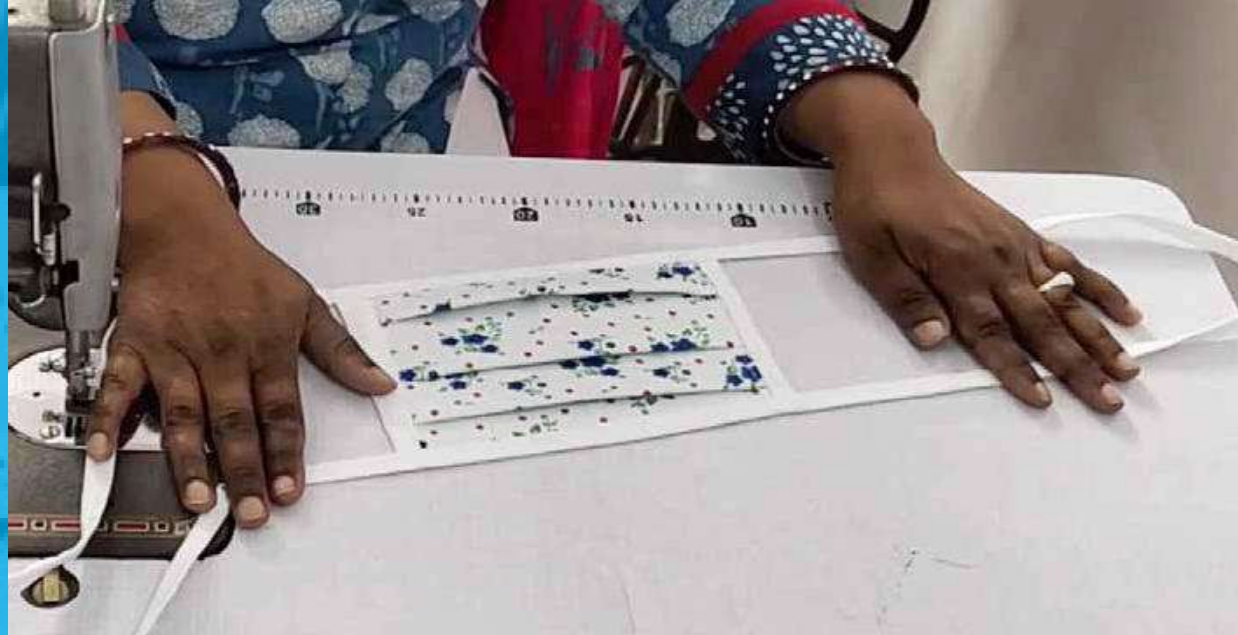


Now begin attaching the long 40'' strips used for tying the mask to the top and bottom of mask as shown.



Once again fold both these strips three times and stitch as shown above.

Your Mask is now ready



How to clean your mask everyday

Do not attempt to clean and boil disposable masks. They have material that cannot withstand washing.

1. Thoroughly wash the mask in soap and warm water and leave it to dry in hot sun for at least 5 hours.

If you do not have access to the sun, follow Option 2:

2. Place the mask in water in a pressure cooker and pressure boil it for at least 10 minutes and leave it to dry. Adding salt to the water is recommended. In the absence of a pressure cooker, you may boil the cloth mask in hot water for 15 minutes.

If you do not have access to a pressure cooker/boiling water, follow Option 3:

3. Wash and clean with soap and apply heat on the mask for up to five minutes. (You may use an iron).

