Cut out two pieces of fabric (19.5 x 18cm) and one piece of filter material (if used).

Put the right sides of the fabric together and filter on top.

Sew the pieces together 1cm from edge. Leave small gaps (marked x at corners and a large gap (marked X) in the middle of the bottom long edge.

Turn the mask the right way out by pulling out through large gap between fabric layers.

Sew close to top edge to create a thin sleeve to hold wire.

Turn the mask the right way out by pulling out through large gap between fabric layers.

Sew close to top edge to create a thin sleeve to hold wire.

Fold down three 1cm wide pleats and iron flat on a low heat.

Over Sew around wire.

The filter will end up as the middle layer.

Sew up the opening in the bottom edge.

Slip thin wire or a straightened paper clip into the sleeve (bend the sharp ends over first).

Trap the elastic loops (16cm long) into the open corners and over sew to fix them in place.

Selsey Medical Practice – DIY Personal Protection Mask – Making Instructions