
ANNEX 5 Making Protective Clothing

Instruction on Making Headwear

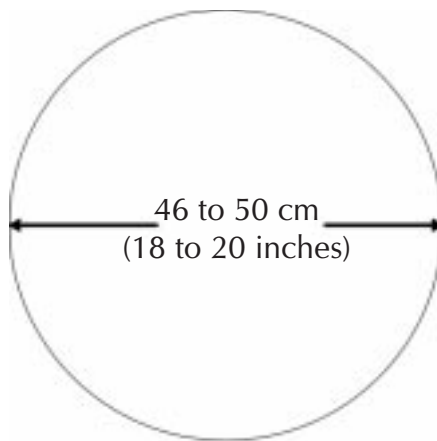
Materials needed:

Elastic $\frac{3}{4}$ meter

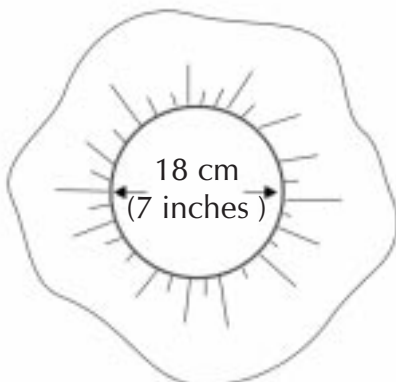
Cotton cloth 51 cm² (20 square inches)



A homemade head cover



1. Cut a round piece of cotton cloth that is 46 to 50 cm (18 to 20 inches) in diameter.

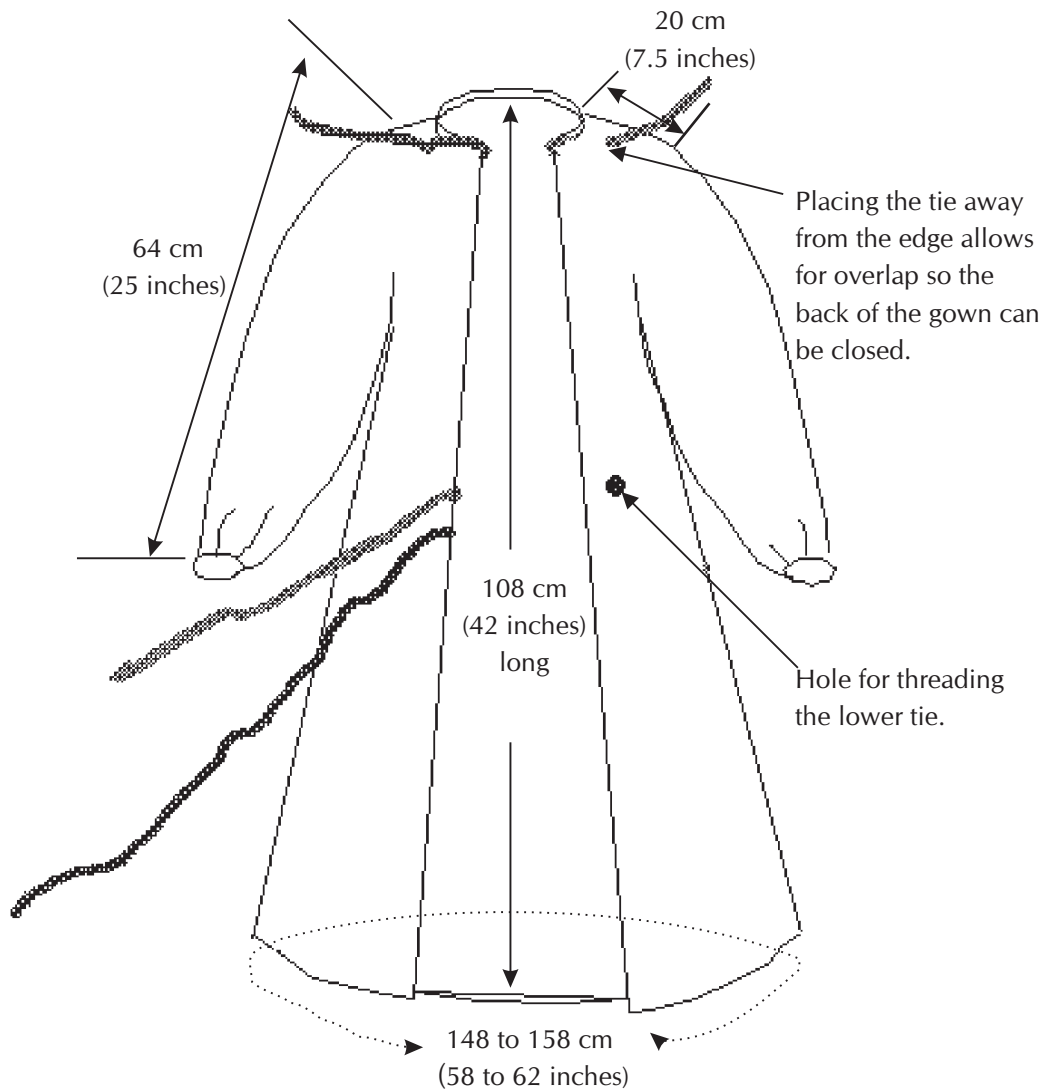


2. Sew elastic on the edge and shape a circle 18 cm (7 inches) in diameter.

Instruction on Making Gown

Materials needed:

1.5 meters cotton cloth to make one gown

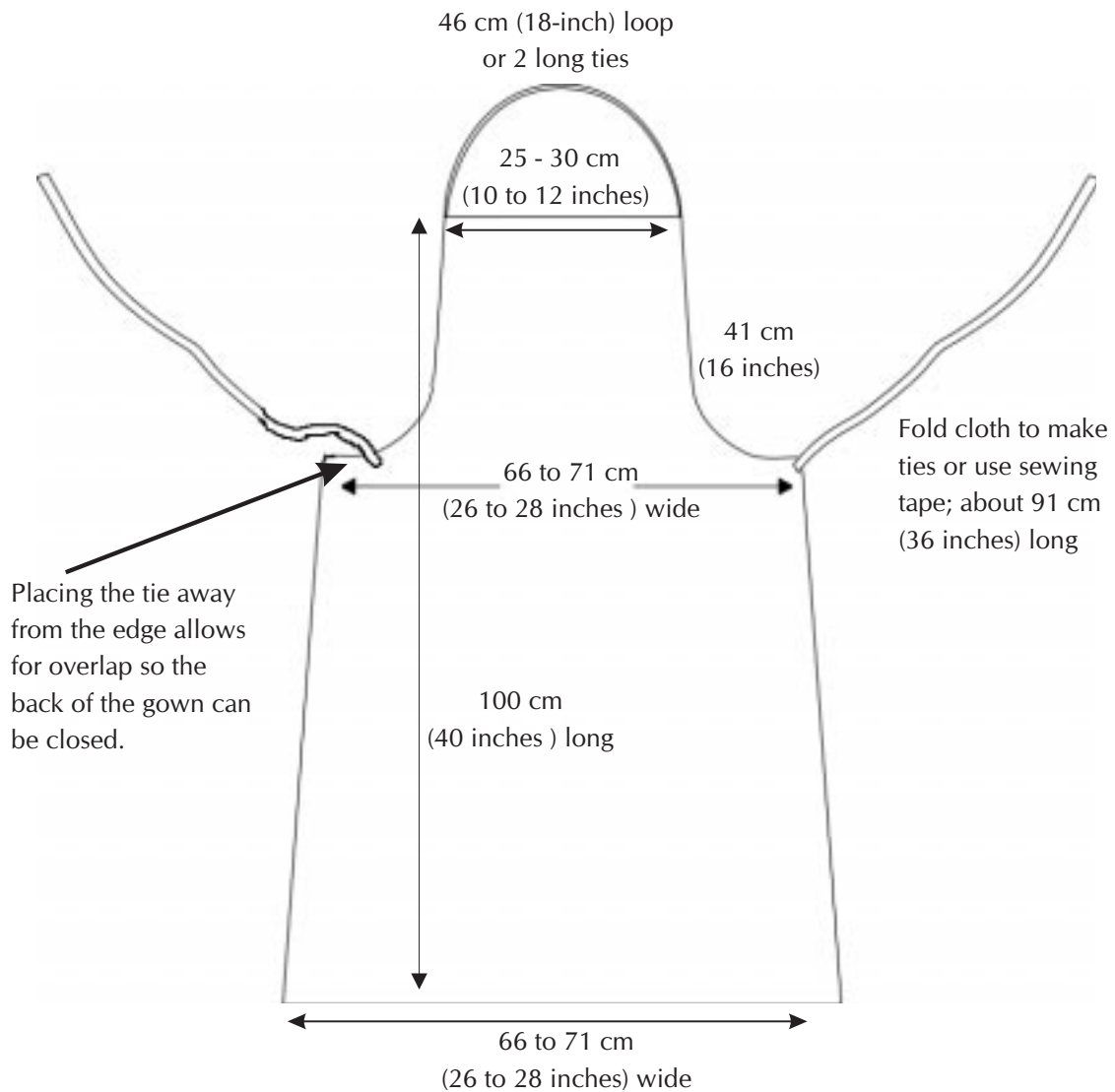


Instruction on Making Aprons

Materials needed (to make 2 aprons):

1 ¼ meters plastic sheeting or plastic cloth used for covering tables

91 cm (36 inches) sewing tape

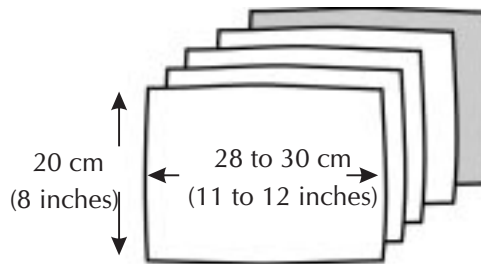


Instruction on Making a Cotton Mask

1 meter cotton cloth to make at least 2 masks

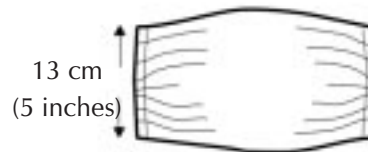
50 cm in second colour to make the inside of the masks

1. Cut 4 pieces of cotton cloth to the size shown.



2. Cut 1 piece from a different colour. Use it as the inside of the mask.

3. Sew the 5 pieces together and gather or pleat the vertical sides to 13 cm (5 inches) long. Sew all pieces in place.



4. Sew on ties.

