



How to make a face covering or mask from a sock.



- Corona virus is a new illness and people catch it when people cough or sneeze.
- The Government have asked us to cover our faces when we are near other people in shops or on the bus/train.
- We need to do this because you can spread the illness before you feel ill.



- Choose an old sock.
- One with a different colour heel if you have one.



1. Cut off the toe.



2. Your sock should now look like this.



3. Now cut off the cuff off the sock.



4. Your sock should now look like this.



5. Turn the sock so that the heel is on the top.
Don't worry it will not lie flat



6. Make 2 cuts ,
about a fingers width
in from either end,
and going just half
way up.

The yellow arrows
show where to cut



7. Turn the sock so it lies flat again .

The Heel should be at the top.



8. Make sure the heel is over your nose .

The 2 loops either side should fit over your ears to hold your mask on.



- Remember to wash your face mask after you wear it.
- Try not to touch your face when you are wearing your mask.
- Hold the loops when putting it on and off.